FRUIT PASTE CANDIES

INGREDIENTS

2 CUPS FRESH FRUIT PULP OR CANNED FRUIT

1/3 CUP SUGAR

UNSALTED BUTTER OR LARD

TIME

10 MINUTES

+ EXTRA TIME TO COOL

NEW WESTMINSTER MUSEUM & ARCHIVES
IF USING CANNED FRUIT, MASH FRUIT.

PRESS PULP THROUGH FINE STRAINER.

ADD 1 1/3 CUP OF SUGAR.

LIGHTLY COOK MIXTURE ON STOVE FOR ABOUT 10 MINUTES, OR UNTIL THICK AND CLEAR. TURN HEAT DOWN IF NEEDED - DO NOT ALLOW ANY BROWNING.

ONCE PASTE IS THICK AND CLEAR, TURN ON TO BAKING SHEET BRUSHED WITH UNSALTED FAT OR PARCHMENT PAPER.

LET DRY UNTIL A FILM FORMS OVER TOP, THEN TURN ON TO WIRE SCREEN OR RACK AND DRY UNTIL NO LONGER STICKY.

ROLL AND CUT INTO DESIRED CANDY SHAPES.
FRUIT PASTE CANDY RECIPES CAN BE FOUND IN COOKERY BOOKS FROM THE VICTORIAN PERIOD INTO PRESENT DAY.

THIS PARTICULAR RECIPE IS FROM THE AMERICAN WOMAN'S COOK BOOK, EDITED BY RUTH BEROLZHEIMER (1956).

FRUIT PASTE CANDIES ARE A GOOD WAY TO USE PULP FROM OTHER FRUIT-BASED RECIPES LIKE JELLIES, CORDIALS, AND FRUIT WINES.

THIS RECIPE ENCOURAGES THE USER TO TRY MIXING TWO OR MORE PASTES!