

# PAREMATA SCHOOL GALA - 2018



## Sweet Recipes

### Russian Fudge

(freeze or keep in the fridge for up to 6 weeks) - makes a lot!

2 tins of Highlanders condensed milk (400ml)

2 cups of packed brown sugar

250gm butter

3 tablespoons golden syrup

1 teaspoon of vanilla essence

400m milk or dark chocolate (1 packet of chocolate melts)

Two tins (or one large) sprayed and baking paper.

Place all ingredients in a heavy saucepan (excluding chocolate and vanilla)

On a medium heat, stir until butter and sugar dissolves.

Bring to the boil gently, mixture will turn brown and thick approximately 6 to 8 mins. Stir continuously, and then remove from the heat until the bubbles subside.

Stir in the vanilla and chocolate until melted and smooth.

Pour into tins and allow to cool (3hrs) before placing into air tight containers in the fridge or freezer.

OR

### Russian Fudge (using white sugar)

3 1/2 cups **Chelsea White Sugar**  
125g butter  
3 Tbsp **Chelsea Golden Syrup (tin)**  
1/2 cup milk  
1/2 tsp salt  
200g sweetened condensed milk (half a standard tin)  
2 tsp vanilla essence

### **Method**

Grease a 20cm cake tin. Cut two sheets of baking paper the width of the tin, criss-cross the paper to line the tin making sure the sheets are long enough to extend over the sides (you can use the paper to lift the fudge out of the tin once it has set).

Place all the ingredients except the vanilla into a medium, heavy based saucepan. Warm over a gentle heat until the sugar has dissolved, about 10-15 mins.

Bring to a gentle boil and cook for about 10-15 minutes, until it reaches the soft ball stage (120°C). Remove from the heat and add the vanilla.

Cool for 5 minutes then beat using an electric mixer until the fudge is creamy and thick and has lost its gloss (approx. 10 minutes).

Pour into prepared tin and leave to cool, then refrigerate until set.

Once set, use the paper to lift the fudge out of the tin and place onto a chopping board, then cut into small squares.

<http://www.chelsea.co.nz/browse-recipes/russian-fudge#sthash.4g61EZKZ.dpuf>

### **Lolly Cake (this can be frozen)**

120 Butter  
1 Packet Griffin biscuits crushed  
½ a tin (200g) Sweetened Condensed Milk  
1 packet of Eskimo lollies or fruit puffs  
Desiccated coconut

Warm butter and condensed milk in the microwave

Cut up Eskimo lollies into bite sized chunks

Mix butter, condensed milk, crushed Malt biscuits and lollies together.

Form into a log shape. Roll in coconut.

Chill in fridge for 4 hours.

When set, cut into slices and serve.

## Hockey Pokey (this can be frozen)

Makes 15-20 chunks

- 5 tablespoons of white sugar
- 2 tablespoons of golden syrup
- 1 teaspoon Edmonds baking soda

Put the sugar and golden syrup in a saucepan. Heat gently, stirring constantly until the sugar has dissolved. Increase the heat and bring to the boil. Boil for 2 minutes. Stir occasionally if necessary, to prevent burning. Remove from the heat and add the baking soda. Stir quickly until the mixture froths up, which it will do rapidly! Pour immediately into a greased tin. Leave until cold and hard, then break into pieces.

## Coconut Ice (my friend swears by this recipe)

- 100g butter
- $\frac{1}{4}$  cup milk
- 1 teaspoon vanilla essence
- 4 cups sifted icing sugar
- 2 cups coconut
- raspberry essence

Cut butter into cube size pieces. Arrange evenly around a flat bottomed casserole or similar dish, about 20-23 cm. Add milk, vanilla and icing sugar. Over and microwave on high for 3 minutes and beat until smooth. Stir in coconut and beat again. Place half in greased square pan. Colour the other half with raspberry essence and place on top. This is quite tricky as if it gets cold the layers do not stick. An easy way round this is to colour each batch and leave the other plain, that way we mix up the pieces in the bags. Refrigerate until firm and then cut into pieces.

## Microwave Fudge

- 100g butter
- 1 cup sugar
- $\frac{1}{4}$  g can condensed milk
- 1 tsp vanilla essence

Mix all the ingredients except the vanilla in the microwave resistant bowl. Microwave on 'high' for 10-12 minutes stirring every 2 minutes.

Fudge should be ready when the mixture has bubbled vigorously all over the surface and in little dropped in cold water forms a soft ball. At this stage add the vanilla then beat for about 5 minutes until the mixture loses its gloss. Before it sets firm spoon into a lightly buttered or sprayed 20cm square tin. When firm cut into pieces.

### Chocolate Fudge (makes 30 pieces)

2 cups of white sugar  
2 tablespoons cocoa  
 $\frac{1}{2}$  cup milk  
25 g butter  
 $\frac{1}{2}$  teaspoon vanilla essence

Place the sugar and cocoa in a saucepan and mix to combine. Add the milk and butter. Heat gently, stirring constantly until the sugar has dissolved and butter melted. Bring to the boil. Let the mixture boil without stirring until it reaches the soft-ball stage (120 C). Remove from the heat. Add the vanilla and leave to stand for 5 minutes. Beat with a wooden spoon until thick and pour into a well-greased tin. Mark into squares. Cut when cold.

### Coconut Ice



Classic pink and white coconut ice is very easy to make, uses ingredients you probably have to hand and is a perennial school-fair favourite.

- $\frac{1}{2}$  can (approximately 200g) sweetened condensed milk
  - 2 cups desiccated coconut, plus extra for sprinkling
  - 2 cups icing sugar
  - 1 tsp vanilla essence
  - Splash raspberry flavouring
  - Splash red colouring
1. Pour condensed milk into a large glass bowl. Add coconut, icing sugar and vanilla and mix until well combined - I use my hands, kneading it together.

2. Divide the mixture in half. Place one half on a sheet of non-stick baking paper sprinkled with coconut. Roll out to a 1cm thickness, shaping and neatening as you roll.
3. Add the flavouring and colouring to remaining mixture and roll out in the same manner. Place coloured portion on top of the uncoloured portion and press together firmly. Chill for 40 minutes then cut into squares. Makes approx. 26 pieces.

### Toffee Applies

If you're feeling really adventurous try toffee apples or super easy sherbet-lollipops might be up your alley. Here's a couple of links to get you started.

<http://www.chelsea.co.nz/baking-and-recipes/214/recipe.aspx>

<http://www.chelsea.co.nz/baking-and-recipes/213/sherbet-lollipops.aspx>

### Toffee apples

SOPHIE GRAY

**MAKES 8 - 10 (DEPENDING ON SIZE OF APPLES). READY IN 30 MINUTES PLUS SETTING TIME. GLUTEN-FREE**



Small lunchbox-size apples are ideal for making toffee apples. The sugar syrup coating must be boiled to 'hard crack' stage or 150°C - a sugar thermometer is helpful, but not essential. A humid climate is the enemy of hard candy so, if you live in the north, make these as close to when you want to serve them as possible. They are always popular at fairs, parties, Halloween and Guy Fawkes.

- **8-10 small apples - lunchbox size are ideal (I used Granny Smith)**
- **8-10 ice block sticks, available in supermarkets**
- **2 cups sugar**
- **$\frac{1}{2}$  cup liquid glucose**
- **$\frac{1}{4}$  tsp cream of tartar**

- $\frac{1}{2}$  cup water
  - $\frac{1}{2}$  tsp red food colouring –optional (see Cook's Notes)
1. Cover a baking tray with foil or non-stick baking paper. Wash the apples in hot water to remove any waxy coating then firmly insert the sticks into the stalk end of the apples.
  2. In a large saucepan combine the sugar, liquid glucose, cream of tartar and water and heat gently, stirring, until the sugar has dissolved. Increase the heat to a rapid boil. Use a pastry brush dipped in water to carefully wash any sugar crystals from the inside of the pan. Boil the syrup to 150°C on a sugar thermometer, or cook to 'hard crack' stage (boil for approximately 20 minutes then drop a little bit of the syrup into cold water; if it forms a hard ball that will crack when tapped with a spoon, the mixture is ready).
  3. Remove from the heat and stir in food colouring, if using.
  4. Let the syrup settle until bubbles have completely ceased to rise to the surface (if mixture is still bubbling, bubbles will form on the apples once dipped, spoiling the appearance).
  5. Tilt the pan and use the stick to twirl each apple in the syrup, allowing excess syrup to run off before standing on the prepared tray to set. If the syrup becomes too thick, gently reheat – avoid stirring, though, as this encourages crystallisation.
  6. Humidity is the enemy of hard candy – if you have a warm house (or live in Auckland) you might have to accept that your toffee apple will be a little sticky.
  7. When set, place in cellophane bags and tie shut. Keep in a cool, dry place, not the fridge.

**Tip** • Sanding sugar is crystallised to make the crystals as sparkly as possible, ideal for coating sweets. It is available where cake decorating supplies are sold.

- Citric acid is available in the baking section of the supermarket. It is very sour and the tartness intensifies fruity flavours. Do not add it to the jelly mixture itself as acid inhibits the gelling action. Add it to the sugar coating.

Gluten-free

## Jewel jubes

SOPHIE GRAY

**MAKES APPROXIMATELY 48 (DEPENDING ON SIZE).**

**READY IN 20 MINUTES PLUS CHILLING AND DRYING TIME.**



These pretty jubes are simple to make; if you want lots of colours and flavours you can easily make several batches. Boiling sugar is extremely hot, so this stage must be done under adult supervision.

**200ml apple juice**

- **1  $\frac{3}{4}$  cup sugar**
  - **2 Tbsp gelatine**
  - **Food colouring**
  - **Flavouring (raspberry, orange, lime etc - available from supermarkets)**
  - **Cooking spray or oil, for greasing**
  - **$\frac{1}{4}$  cup sanding sugar, for coating jubes - or use regular white sugar (see Tips)**
  - **$\frac{1}{4}$  tsp citric acid (see Tips)**
1. Place 100ml of the apple juice in a medium saucepan with sugar. Heat gently and stir until sugar has dissolved. Increase heat to a rapid boil and boil for 5 minutes. Use a pastry brush dipped in water to dissolve any sugar crystals that form on the inside of the saucepan.
  2. Meanwhile, place remaining apple juice in a small bowl and mix in the gelatine. This will rapidly thicken into a blob - this pre-setting helps the final mixture to set more quickly.
  3. When sugar has boiled for 5 minutes remove from heat and add gelatine, stirring continuously until completely dissolved. Add a few drops of colouring and flavouring to the mixture as desired (I divide the mixture in half and make two flavours). You can taste the mixture at this stage to determine if you need to add more flavouring.
  4. Pour into lightly greased moulds or containers. I use 2 x 500ml rectangular plastic containers - this arrangement makes jubes that are about 15mm thick. Make them thicker or thinner if you wish, or pour into greased chocolate moulds for shaped jubes.

5. Refrigerate for 3-4 hours. When the mixture pulls away cleanly from the sides and is springy to the touch, it is set. It will be quite stretchy but will spring back into shape.
6. Spread the sanding sugar over a plate or tray and sprinkle on the citric acid. Turn the jelly mixture onto the sugared tray and use a greased knife to cut it into squares. Coat one square in the sugar mixture, taste and adjust tartness if necessary (if too sweet, add more citric acid to the coating on the tray, or more sugar if too sour). Toss or shake the squares in the sugar/citric acid mixture then spread on a tray to air-dry for several hours or overnight.

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