

Name _____

Date _____



CANDY CANES



Ever since I was little, I remember Christmas as the sweetest time of the year. There are many different types of sweets throughout the world, but the ones I like the most are candy canes. Although they seem simple, their shape is beautiful, their flavors are incredible, and the colors are pretty.

They are hard sugar candies, traditionally white with red stripes. The traditional flavor is mint or cinnamon, but currently, there are hundreds of different flavors such as strawberry, orange, lime, melon, watermelon, lemon, cherry, and licorice combined with different colors.

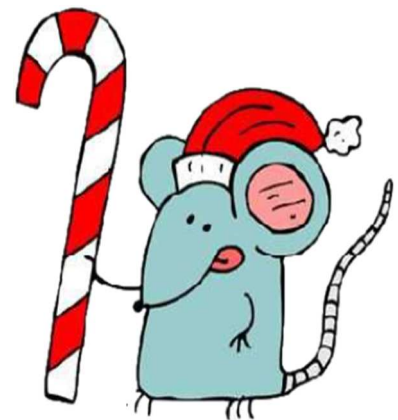
The origin of the candy cane is unknown, so we do not know when the first candy cane was created or from what country it comes. Many believe that the first candy cane came from Europe around the 15th century.

My favorite theory surrounding the creation of this delicious sweet is the one that tells about a choirmaster from a church in Germany who created these sugar candies in the shape of his crozier or cane to give them to children who came to his church. Many believe the first candy canes were only white, but that when they added red stripes, people liked them more.

If you want to make these candy canes at home, it is easy to do. You need to follow the following ingredients:



- 1 cup sugar
- confectioners' sugar
- corn syrup
- 1 cup water
- 1 teaspoon peppermint oil
- 4 tablespoons vanilla extract
- red food coloring or whatever color you want.



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Steps to follow:

1. Heat the sugar, corn syrup, and water over low heat. Stir the mixture continually to prevent it from sticking.
2. Turn off the heat and add the peppermint oil and vanilla extract. Keep stirring until it forms a paste.
3. Place the paste on a baking sheet and sprinkle it with confectioners' sugar.
4. Separate part of that paste in a bowl. Add a few drops of the food coloring of the color you have chosen.
5. Mold strips with the paste obtained to form the sticks of the canes.
6. Preheat the oven. Once the oven is hot, put the tray in the oven for a few minutes.
7. Take the tray out of the oven carefully and without burning yourself, shape the canes with the two colors (interlace the colored dough with the white dough).
8. Let them cool and dry.
9. Enjoy your candy canes.

If you would rather not cook your own candy canes, you can always go to the store and buy them. You can buy them in packs of a dozen or individually. Just keep in mind that although it is delicious to eat them, you have to be aware that it is candy and contains a lot of sugar. That is why you should not abuse this type of candy if you want to have strong and healthy teeth. I'm heading to the kitchen to make my canes. This time I'll make them mint and chocolate.

I will bring one for each classmate. Merry Christmas!

