

Turkish Delight

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Note: I followed the gram measurements for this recipe, using my kitchen scale.

3 ½ cups water, divided
1 tablespoon freshly squeezed lemon juice
4 cups (800 g) sugar
1 teaspoon cream of tartar
1 cup (120 g) cornstarch
1 tablespoon rosewater
Few drops of red food coloring (I used icing gel coloring)

For dusting

1 cup (160 g) powdered sugar
¼ cup (30 g) cornstarch

Oil an 8" square pan, then line the bottom and sides with parchment paper. Oil the parchment paper; set aside.

In a medium saucepan, combine 1 ½ cups of the water, the lemon juice, and sugar. Bring to a boil while stirring and continue to cook over medium heat, stirring frequently, until the mixture reaches 115C (soft ball stage). Remove from heat and set aside.

In a large saucepan, combine the remaining 2 cups water, the cream of tartar, and the cornstarch. Bring to a boil, using an electric mixer to beat it on low speed the entire time. It will get thick quite quickly. It will be very milky and opaque in the beginning, but will get more clearish. Once it is a thick gluey paste and turns more and more clear, add in a little of the sugar syrup and beat with the mixer until blended. Scrape down the sides of the pan, and add a bit more at a time, beating well after each addition until smooth. When all the syrup is added, it will be thick but fluid. Turn on the heat again and bring to a gentle boil. Turn heat to low and simmer very, very gently for about an hour, stirring frequently (I stirred every 1-3 minutes). It will turn a light golden brown color. Add in the rosewater and food coloring if desired, and mix well.

Pour into prepared pan and shake the pan to make sure the mixture reaches all the corners. Allow to sit at room temperature until set, about 3-5 hours, or overnight.

Combine the powdered sugar and cornstarch for dusting and sift them together into a large bowl. Sift some on top of the pan of Turkish Delight. Sift some over a surface, then turn the Turkish Delight upside down onto prepared surface. Carefully remove the paper and sift some sugar over the top. Using a sharp knife or pizza cutter, cut the Turkish Delight into small squares. Put the squares into the bowl of sugar and toss them around every so often. Once all are added, toss them around really well to make sure they are well coated with the sugar/cornstarch mixture.

To store, place Turkish Delight in a container with an airtight lid, and pour the sugar/cornstarch mixture over the top to keep them from weeping or sticking together.