

**Fruit Candy**

*Open Education Resource*

Preparation of Candy:

1. **Sweet Candy Preparation :**

**AONLA CANDY**

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**Ingredients**

|  |  |
| --- | --- |
| Aonla             | 1 kg |
| Sugar   | 1.120 kg |
| Water              | 500 ml |
| Citric acid       | 6.4 g |
| KMS               | 1.2 g |

**Method**

* Preparation of sugar syrup (addition of 765g of sugar in 500ml of water)
* Addition of citric acid and KMS
* Soaking of fruits for 24hr
* Boiling of sugar syrup to 60 Brix
* Addition of remaining sugar
* Soaking for 24hr and increased the Brix to 70 Brix for 7 days
* Aonla pieces and sugar (1:1.5)
* Packed the aonla preserve in glass jar
* Allow to dry in shade to get aonla candy
1. **Spiced Candy**

**AONLA SPICED CANDY\***



**Ingredients**

|  |  |
| --- | --- |
| Aonla               | 1 kg |
| Sugar               | 300 g |
| Water              | 700 ml |
| Chilli powder  | 20 g |
| Salt                  | 20 g |
| Asafoetida      | 5 g |

**Method**

* Select well matured and sound aonla fruits
* Wash and soak in 2 per cent brine for 24 hours
* Steam aonla fruits for 10 minutes and cut into segments.
* Mix aonla with the other ingredients and boil for 30 minutes.
* Separate the boiled aonla candy and dry for 3 days (each Day 8 hours) in sunlight.