

Turkish Delight—A Recipe

from Chapter 4: Turkish Delight

Turkish Delight is not a well-known confection in the United States, but it was the temptation that the Witch used to bring Edmund under her control. Here is a recipe for Turkish Delight. Why not give it a try and see if you like it as much as Edmund.

Turkish Delight

Turkish Delight is a traditional Armenian and Turkish Christmas Treat. In Armenia, the candy is usually left white, but in Turkey it is often tinted with food coloring. The candy is also called *Lookoom*.

Ingredients:

3 cups granulated sugar
1 and ½ cups water
3 tablespoons white corn syrup
3 envelopes unflavored gelatin
juice of 1 lemon
¾ cup cornstarch
1 tablespoon of rose water or vanilla
¾ cup coarsely chopped pistachio nuts
powdered sugar
red or green food coloring (optional)

Preparation:

Combine granulated sugar with water and corn syrup in a heavy saucepan and boil until it reaches 240 ° F on a candy thermometer or soft ball stage. Keep hot.

In a small bowl, soften the gelatin in the lemon juice. Set aside.

In another small bowl, dissolve the cornstarch in ½ cup of cold water, then pour it into the hot syrup. Stir gently and simmer slowly until very thick. Remove from heat.

Add gelatin and lemon juice and stir until gelatin dissolves. Stir in rose water (or vanilla), nuts and 2 to 3 drops of food coloring if desired.

Sprinkle a generous layer of powdered sugar in an 8-inch square pan. Pour in mixture and let set in a cool dry place (the refrigerator is too humid) for 3 or 4 hours or until set. Sprinkle with another layer of powdered sugar and cut into 1-inch squares.

Dredge each square in powdered sugar. Store in an airtight container.

(Adapted from a recipe in the book "Vision of Sugarplums" by Mimi Sheraton.)

- Can you identify an American sweet that is similar to Turkish Delight?
- The recipe calls for rose water as a substitute for vanilla. What is rose water?