



Sparkle Kitchen

Rock Candy

Ingredients

1 cup water

approximately 3 cups sugar

food coloring and/or flavoring (optional)

Directions

Wet three bamboo skewers or short pieces of cotton string, then dip them in sugar. Set them aside to dry.

Meanwhile, mix 2 cups of sugar and 1 cup of water in a saucepan over medium heat. Boil the water, stirring to dissolve the sugar as you do. Add the last cup of sugar and continue stirring. The third cup shouldn't dissolve as well as the first two. If it dissolves easily, add more sugar until the mixture starts to look a little gritty.

Divide the sugar solution into three jars. If you want, you can add a few drops of food coloring or flavoring (maybe orange extract or vanilla—yum!), but that's completely optional.

Then suspend a piece of sting or a skewer in each jar, leaving about an inch of space between the bottom of the skewer/string and the bottom of the jar.

Cover the jars loosely, leave them in a cool place, and wait.

You should start to get some crystals forming within a few hours, and even more will form if you leave the jars to sit overnight. In my experiments, while the crystals were certainly more defined around the bamboo skewers, eventually the whole jar turned to a crystalline slurry.

When your crystals have grown to your satisfaction, drain off any remaining water and allow the crystals to dry. Enjoy them right away or cover loosely with plastic wrap to save for later.