

Follow the recipe with the supervision of your parents to make sweets for your ^Eid guests.

# Turkish Delight

32 servings

## Ingredients

- 4 cups granulated sugar
- 4 1/2 cups water (divided)
- 2 teaspoons lemon juice
- 1 1/4 cups corn-starch
- 1 teaspoon cream of tartar
- 1 1/2 tablespoons rose water
- 1 cup powdered sugar

## Method

1. Gather the ingredients.
2. Prepare a 9 x 9-inch pan by lining it with aluminium foil and spraying the foil with non-stick cooking spray. Set aside for now.
3. Place the granulated sugar, 1 1/2 cups of the water, and lemon juice in a medium saucepan over medium heat. Stir until the sugar dissolves and bring the mixture to a boil.
4. Brush down the sides of the pan with a wet pastry brush to prevent sugar crystals from forming and insert a candy thermometer.
5. Allow the sugar mixture to continue boiling, without stirring, until it reaches 240 F (155 C) on the candy thermometer. This can take 45 minutes to an hour.
6. When the sugar syrup is around 225 F, begin to get the rest of the candy ingredients prepared. Place the remaining 3 cups of water in another, slightly larger saucepan. Add the corn-starch and cream of tartar, and whisk until the starch dissolves and there are no lumps.
7. Place the saucepan over medium heat and bring the mixture to a boil, stirring or whisking constantly. The mixture will become thick and pasty.
8. Once the sugar syrup is at 240 F, remove it from the heat. Slowly and carefully pour it into the corn-starch mixture, whisking until it is fully incorporated.

9. Reduce the heat to low and simmer, whisking it every 8 to 10 minutes, for about an hour, until the candy has turned a light golden yellow colour and is very thick and gluey.
10. Remove from the heat and stir in the rose water and the food colouring of your choice.
11. Pour the candy into the prepared pan and allow it to set, uncovered, overnight.
12. The next day, remove the candy from the pan using the foil as handles. Dust your workstation with the powdered sugar and flip the candy onto the powdered sugar. Remove the foil from the back and dust the top with the sugar. Use an oiled chef's knife to cut the Turkish delight into small squares. Dust each side of the square with powdered sugar to prevent stickiness.

NOTE: Turkish delight is best soon after it is made, as it doesn't keep very well. But if you want to try keeping it, store it at room temperature in an airtight container with waxed paper between the layers and dust the sides with powdered sugar again before serving.