

Li Hing Lollipops



Level: Easy

Serves: 12 to 14

Prep Time: 10 minutes

Cooking Time: 20 to 30 minutes



Ingredients:

2 cups white granulated sugar

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup light corn syrup

1 tsp. candy flavoring or flavor extract (I used pineapple and strawberry)

2 drops gel food coloring (I used Wilton Gel Food Colors - yellow and pink)

12 to 14 sweet seedless li hing mui

Nonstick cooking spray (Pam)

Li hing powder (optional)

Tools:

Hard candy (lollipop) molds

12 to 14 lollipop sticks

Candy thermometer

Heat resistant cup with spout

Lightly spray candy molds with nonstick cooking spray. If desired, sprinkle li hing powder inside the molds. Place lollipop sticks inside the molds.

In a medium saucepan, cook the sugar, water, and corn syrup on medium heat, stirring frequently with a wooden spoon or silicone spatula until the sugar dissolves. Before the mixture starts to boil, place the candy thermometer in the pan. Bring the mixture to a boil and when the temperature reaches 260 degrees, add the gel food coloring. Do not stir. When the temperature reaches 300 degrees, remove the saucepan from the heat source. When the syrup stops bubbling, add the candy flavoring and stir slowly to avoid steam from rising. Place the syrup into a heat resistant cup with a spout, and pour into candy molds. While the syrup is still soft, gently press one seedless li hing mui into each of the lollipop molds. Cool completely before removing from the molds.

Notes:

- Do not use plastic utensils to stir the hot syrup.
- After gently stirring in the candy flavor, work fast, the syrup hardens quickly.
- Using a cup with a spout makes it easier to pour the syrup into the molds.
- Wash pans and spatulas with hot water. Cold water hardens the syrup.
- If you don't have lollipop molds, make lolly drops instead using a mini muffin tin.