

To Make Barley-Sugar

Ingredients

To every lb. of sugar allow 1/2 pint of water, 1/2 the white of an egg.

Method

Put the sugar into a well-tinned saucepan, with the water, and, when the former is dissolved, set it over a moderate fire, adding the well-beaten egg before the mixture gets warm, and stir it well together. When it boils, remove the scum as it rises, and keep it boiling until no more appears, and the syrup looks perfectly clear; then strain it through a fine sieve or muslin bag, and put it back into the saucepan. Boil it again like caramel, until it is brittle, when a little is dropped in a basin of cold water: it is then sufficiently boiled. Add a little lemon-juice and a few drops of essence of lemon, and let it stand for a minute or two. Have ready a marble slab or large dish, rubbed over with salad-oil; pour on it the sugar, and cut it into strips with a pair of scissors: these strips should then be twisted, and the barley-sugar stored away in a very dry place. It may be formed into lozenges or drops, by dropping the sugar in a very small quantity at a time on to the oiled slab or dish.

Source: Mrs Beeton's Book of Household Management (1861)

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