You may be asking yourself, what is a boiled candy? Or thinking, "Yuck! Boiled candy? That sounds gross!" However, don't be so quick to judge. I bet most of you have eaten boiled candy without ever knowing it. Just because we don't call it boiled candy doesn't mean it no longer exists.

A boiled candy, or a hard candy, is a sugar candy that is prepared by boiling a sugar syrup to 320°F (160 °C). Once the syrup reaches the target temperature, it is then removed from the heat source and flavoring and food dye may be added. At this point, the syrup is very thick. It can now be poured into a mold tray, or cooled, and shaped by hand. After the boiled syrup cools, it is called a hard candy. The mixture becomes stiff and brittle at room temperature, thus turning the candy hard.

Most likely some of your favorite candies are made using this method and you probably never knew it! Candy canes, lollipops, rock candy, and hard candies are all considered boiled candy, and they are made using this method.

Discussion Questions:

What is your favorite type of boiled candy, and what flavor do you like best?

Have you ever made, or watched someone make boiled candy before?