

Turkish Delight

1lt (1¾ Pints) Water
900g (2lb) Sugar
285g (10oz) Corn Flour
225g (8oz) Icing Sugar
1½ tbsp Rosewater
2 tsp Lemon Juice
1 tsp Cream of Tartar
Red Food Colouring (optional)

Place the sugar, 285ml (½ pint) water, and lemon juice in a heavy saucepan over medium heat.

Stir until the sugar dissolves and the mixture boils.

Reduce the heat and simmer gently, without stirring, until the mixture reaches the soft-ball stage 114 - 118°C (238 - 245°F).

See: [Sugar boiling basics](#)

The sugar mixture will form a soft ball which can be squashed flat.

Remove the saucepan from the heat.

In a second large heavy saucepan over medium heat, stir together 225g (8oz) cornflour and the cream of tartar.

Gradually stir in the remaining water until no lumps remain.

Stir constantly, until the mixture boils and forms a thick, gluey paste.

Slowly pour the hot sugar syrup into the cornstarch mixture, stirring constantly.

Reduce the heat and simmer, stirring often, to prevent sticking, for about 1 hour, or until the mixture has become a pale golden colour.

Stir in the rosewater and add food colouring (if used).

Pour the mixture into the prepared baking tin and spread evenly.

Cool to room temperature, uncovered, allow to stand overnight to set.

Sift the icing sugar and a little cornflour onto a large cutting board.

Turn out and cut into 1-inch squares with an oiled knife.

Roll pieces in the icing sugar mixture to coat well.

Store in an airtight container with sheets of waxed paper, dusted with the sugar mixture, separating every layer.

Makes approx.80 pieces.

Cream of Tartar (vinsten)

A potassium salt of tartaric acid, used in baking powder, as well as in self-raising flour, in combination with sodium bicarbonate (baking soda).

[Columbia Encyclopedia](#): cream of tartar,

white crystalline powder. Chemically it is potassium hydrogen tartrate, $KC_4H_5O_6$, the acidic potassium salt of [tartaric acid](#). It is used as the leavening agent in baking powders. An impure form, called tartar or argol, forms naturally during the fermentation of grape juice into wine and crystallizes in the wine casks.

[Food Lover's Companion](#): cream of tartar

A fine white powder derived from a [crystalline](#) acid deposited on the inside of wine barrels.

Cream of tartar is added to candy and frosting mixtures for a creamier consistency, and to egg whites before beating to improve stability and volume. It's also used as the acid ingredient in some baking powders.