

Candied Apples

Makes 6

6 wooden skewers or lollipop sticks

6 medium size red apples, washed, dried, and stemmed

2 cups sugar

2 cups light corn syrup

1 cup water

¼ cup red cinnamon candies

½ teaspoon red food coloring

Insert skewers in stem ends of apples. Place all remaining ingredients except food coloring in a heavy saucepan; insert candy thermometer and heat over moderate heat, stirring constantly, until sugar and candies dissolve; do not boil. Mix in coloring, then boil without stirring until thermometer reaches 300 degrees F. or a drop of syrup turns brittle in cold water. Remove from heat. Working quickly, dip apples, one at a time, in syrup to coat evenly, twirling so excess drains off. Cool on wax-paper-lined baking sheet. About 360 calories each.

Variation:

Caramel Apples: instead of preparing syrup, melt 1 1.2 pounds vanilla caramels with 3 tablespoons with water in the top of a double boiler, stirring until smooth. Dip apples as directed, scraping excess caramel off on rim of pan. Cool until caramel hardens. About 500 calories each.