
Coconut Candies — Methods and Formulas

from Choice Confections by Walter Richmond

Coconut candies are one of the most popular types of confection sold in the United States.

Many tasty confections can be obtained by using coconut as an ingredient in bonbon centers, chewy-type, sugar-rolled, iced or chocolate-coated pieces, cream coconut pieces such as coconut kisses and many other varieties of candies. Instructions for manufacture of various types of coconut candies will be found in this chapter.

Many of popular candies contain coconut. Coconut comes in various forms, such as fresh ground coconut, sweetened and unsweetened desiccated (dry) coconut, toasted desiccated coconut and creamed coconut (previously called liquid or plastic coconut).

Fresh coconut Freshly ground coconut imparts a true coconut flavor and tenderness not found in candies containing only dry coconut. (*See note on Creamed Coconut.*) If unable to obtain freshly ground coconut locally, you can prepare it in your shop by removing the hard outer shell of the nut with a hatchet. The brown surface of the coconut is then removed with a spoke shave used by carpenters. The white coconut meat is then ground to the desired size in a food chopper.

Much labor is involved in this method of preparing fresh ground coconut, but the result will justify it.

Fresh coconut contains from 40 to 50 percent moisture. Larger amounts of fresh coconut will have to be used when it replaces dry coconut.

To prevent fermentation the coconut should be cooked before adding it to cream candies. It can be cooked in the bob of the cast creams.

For hand-rolled creams and kisses it should be

cooked to a soft consistency with sugar and corn syrup, or sugar and invert sugar.

In ungrained candies, fresh coconut can be cooked in the batch. It should be spread on a slab or in metal trays as soon as it has finished cooking, so that it will set quickly. If it is allowed to remain in the cooking kettle, the excessive heat contained in it will discolor the coconut.

Fresh coconut is combined with desiccated coconut in many candies.

Desiccated coconut Desiccated coconut is, as its name implies, coconut with its moisture extracted. There are two types of desiccated coconut, unsweetened and sweetened.

Sweetened coconut can be used in candies that are rolled in coconut, or where coconut is used as a topping for candies.

Sweetened coconut comes in various-sized pieces: long thread, fancy shred, short shred and macaroon. These sizes will satisfy all topping requirements.

Tender fresh sweetened coconut can be used with fine results in coconut bonbon centers, creams and other candies where the use of dry coconut is not called for. Sweetened coconut has a little more crispness than unsweetened coconut.

The tenderness of all desiccated coconuts can be increased by a freshening process. One method of freshening dry coconut is to treat it with a mixture of glycerine and water, as follows:

Place 1 lb of glycerine in a gallon jug, and add water to make 1 gal of solution. For every 6 to 8 lb of dry coconut add 1 pt of glycerine solution to the coconut. Mix well and let stand at least 30 minutes before using. ➤