

Dragon Fruit Crystal Candies

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1 cup Dragon Fruit Syrup (recipe follows) or pomegranate juice cocktail or clear frozen juice concentrate for a more intense flavor (avoid kiwi or pineapple as their enzymes will prevent the gelatin from setting)

1 cup ginger ale soda or another flavor of clear soda

2 teaspoons fresh lemon juice

4 tablespoons granulated sugar (decrease to 2 tablespoons if using frozen juice concentrate)

8 teaspoons unflavored gelatin powder (recommended: Great Lakes) or 4 packets of unflavored gelatin

non-stick spray or canola oil

Special equipment: 2 16-cavity flexible Silicone Candy Molds (recommended: Fat Daddio) or 2 small loaf pans, a cookie sheet that will support the molds when transporting to refrigerator for cooling, a turkey baster or a child's medicine dropper

In a large microwave-safe bowl combine Dragon Fruit Syrup, soda, lemon juice and sugar. Sprinkle unflavored gelatin powder over the surface of the liquid. If any dry spots remain stir gently with a spoon. Leave this mixture to rest at least 5 minutes. Prepare molds by lightly coating each cavity with non-stick spray, then wipe away with a paper towel leaving only a very thin film on the surface of the mold. Place molds on cookie sheet. Microwave gelatin and juice mixture 30 seconds and stir gently. Test to see if the gelatin is dissolved by dipping your clean fingers in and rubbing them together. If the mixture feels gritty return to microwave for 15 seconds and stir again. Use a turkey baster to draw mixture (avoiding bubbles which may have formed on the surface). Fill each cavity completely full. If bubbles develop gently draw a strip of paper towel over the surface to remove them. Chill in refrigerator at least one hour for molds or 3 hours for loaf pans. To turn the candies out place a plate on top of the mold and flip it over. Flex and twist the mold. If candies do not release chill in freezer for up to 5 minutes then loosen from sides of mold by pushing in from edges with your finger. If you are using loaf pans you may dip the bottom of the pan in warm (not hot) water for 5 seconds then invert onto a plate. Slice with a knife or punch out shapes with cutters. If you only have one or two molds you may cover the remaining mixture and leave at room temp while your candies set. Warm in microwave in 10 second intervals to loosen mixture and fill remaining molds. Candies may be enjoyed cold or at room temperature for up to 6 hours.

Dragon Fruit Syrup:

*1 package dried Dragon Fruit (also known as Pitaya)**

**Can be ordered online from www.PitayaPlus.com or found in some specialty natural food markets*

1 cup filtered water, heated to boiling point

1/2 cup granulated sugar

Special equipment: a fine mesh strainer or 3 layers of cheesecloth

In a microwave-safe 1 quart bowl combine dried Dragon Fruit, boiling water and sugar. Stir until sugar is completely dissolved (microwave in 30 second intervals, if necessary, to heat the

water to boiling again). Let rest at least one hour, until completely room temperature. For deepest flavor refrigerate overnight. Strain before use. Yield is 1 cup.

Yield: approximately 2 cups, enough to fill 2 16-cavity molds or two small loaf pans.

Prep Time: 15 minutes

Cook Time: 5 minutes

Inactive Prep Time: 2 hours to overnight

Ease of preparation: Simple

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