

# LOCAL TURMERIC-GINGER CANDY

# Recipe

By Clarissa Barcinas, Elaine De Leon, and Dr. Jian Yang

**Yield: 60 pieces**

## INGREDIENTS:

- 1 Tbsp. Fresh turmeric powder
- 1 Tbsp. Fresh ginger powder
- 2 Tbsp. Fresh calamansi juice
- 1 c. Sugar, white granulated
- ¾ c. Water
- ¼ c. Honey
- ½ tsp. Cinnamon powder
- ½ tsp. Starch for wrapping the candy

## MATERIALS AND UTENSILS

### For making turmeric and ginger powder

- Gloves
- Knife or slicer (mandolin)
- Cutting board
- Food dehydrator
- Grinder
- Jars, containers, Ziplock bag

### For making turmeric-ginger candy

- Measuring tools
- Pot
- Canny and/or regular thermometer
- Stove
- Timer/clock
- Parchment paper or plastic candy molds
- Non-stick cooking spray
- Metal tablespoon
- Candy wrapping paper

## INSTRUCTIONS:

### Preparation of turmeric and ginger powder

1. Clean, wash, and air dry fresh turmeric and ginger.
2. Wear gloves to slice turmeric and ginger into 1/4 inch or less pieces using a knife or a mandolin slicer.
3. Place the sliced turmeric and ginger on the tray of a dehydrator and dry at 57°-60°C (135°-140°F) for 4-5 hours until crispy.
4. Grind the turmeric and ginger into powder with a grinder/miller or coffee grinder. Store the powder in an airtight container or Ziplock bag at ambient temperature or in the refrigerator for up to three months.

### Making turmeric-ginger candy

1. Prepare a piece of parchment paper or plastic candy molds greased with non-stick cooking spray.

2. In a large pot, add all ingredients of the candy recipe (above) except for the calamansi juice. Heat and stir the mixture on a stove on medium or low heat.
3. Use a candy thermometer to measure the temperature of the mixture. When the mixture reaches a full boil at around 101°C (215°F), add the calamansi juice and stir the mixture continuously to boiling.
4. When the mixture turns translucent and reaches 107°-149°C (225°-300°F), test the readiness of the candy using the "ball test" method. Drop a small amount of the candy mixture into room-temperature water in a bowl. If you can quickly form the candy into a ball, it's ready; if the mixture is still runny, keep cooking and repeat the ball test again until it is ready.
5. Use a teaspoon to pour small drops of the candy mixture onto the parchment paper or into the prepared candy molds. Let the candies cool at room temperature or in the refrigerator for about 2 hours.
6. Once the candies are cooled and solid, sprinkle them with corn starch. Wash your hands and put on gloves to then wrap the candies individually in wrapping paper.
7. Store the candies in the refrigerator for up to three months.

## Nutrition Facts

60 servings per container  
Serving size 1/2 teaspoon (1 piece of candy) (8g)

Amount per serving  
**Calories** 20

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 0g

Vitamin D 0mcg 0%

Calcium 1mg 0%

Iron 0mg 0%

Potassium 5mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**UNIVERSITY OF GUAM**  
COOPERATIVE EXTENSION  
& OUTREACH