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# Using Corn Syrup Blend

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The corn syrup blend being issued in the Oregon Abundant Food Program is comparable to corn syrup in the grocery store. Abundant Food corn syrup blend is made of corn syrup, sugar, and flavoring. For sweetness, 2 cups of corn syrup are equal to about 1 cup of sugar; however, corn syrups vary in sweetness and flavor so this is a guide, not a rule. The sweetness varies when substituting corn syrup for sugar in recipes, so some experimenting is necessary. It can be substituted for only half of the sugar in cakes, frosting, and puddings but the moisture content must be considered. In baking, the following rule generally is true:

*Six tablespoons corn syrup and 1/2 cup sugar may be used for 1 cup of sugar. Decrease the liquid called for in the recipe by 2 tablespoons. For example, if a recipe calls for 1 cup of sugar and 1/2 cup milk, use 1/2 cup sugar, 6 tablespoons corn syrup, and 1/2 cup minus 2 tablespoons milk.*

*If a recipe calls for 1 1/2 cups of sugar and 3/4 cup milk, use 3/4 cup of sugar, 9 tablespoons corn syrup, and 3/4 cup minus 3 tablespoons milk.*

## Gingerbread

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|---------------------------------|---------------------------------------|
| 2 cups sifted flour             | 2/3 cup molasses                      |
| 1 teaspoon baking powder        | 1/3 cup corn syrup                    |
| 1 teaspoon soda                 | 3/4 cup plus 2 tablespoons cold water |
| 1/2 teaspoon salt               | 1/4 cup dry egg mix and               |
| 1 teaspoon cinnamon             | 1/4 cup hot water or                  |
| 2 teaspoons ginger              | 1 fresh egg                           |
| 1/4 cup margarine or shortening |                                       |

Sift together all dry ingredients. Cut in fat until mixture resembles coarse cornmeal. Mix molasses, corn syrup, and cold water. If dry egg mix is used, add hot water to it and beat until smooth. Add egg to molasses mixture and blend. Add to dry ingredients and beat until smooth. Pour into an 8 or 9 inch greased pan and bake in moderate (375° F) oven about 35 minutes.

## Candied Sweet Potatoes

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|-------------------------|---------------------|
| 6 cooked sweet potatoes | 1/2 cup corn syrup  |
| 4 tablespoons margarine | 2 tablespoons water |

Cut sweet potatoes in halves, lengthwise, and place in greased baking dish. Dot with margarine and pour syrup combined with water over them. Bake in moderate oven (350° F) about 30 minutes, basting frequently. Makes 6 servings.

## Two-Egg Cake

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|--|-----------------------------------|
| 1/2 cup margarine or shortening              | 1 3/4 cups sifted flour           |
| 1/2 cup sugar                                | 2 1/2 teaspoons baking powder     |
| 6 tablespoons corn syrup                     | 1/2 teaspoon salt                 |
| 1/2 cup dry egg mix and 1/2 cup hot water or | 3/4 cup plus two tablespoons milk |
| 2 fresh eggs                                 | 1 teaspoon vanilla                |

Cream shortening and sugar until light. Add corn syrup and continue beating until light and fluffy. If dry egg mix is used, add hot water to it and beat until smooth. Add eggs to fat and sugar mixture and beat thoroughly. Sift together dry ingredients, add alternately with milk and vanilla. Start with flour and end with flour, barely mixing after each addition. Grease and flour two 9-inch pans. Pour batter into pans and bake in moderate (375° F) oven for 25 minutes.

## Quick Chocolate Cake

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|--|---------------------------------|
| 2 squares unsweetened chocolate              | 1 3/4 cups sifted flour         |
| 1/2 cup margarine or shortening              | 2 teaspoons baking powder       |
| 1/2 cup corn syrup                           | 1/2 teaspoon soda               |
| 1/2 cup plus 1 tablespoon sugar              | 1/2 teaspoon salt               |
| 1/2 cup dry egg mix and 1/2 cup hot water or | 3/4 cup plus 2 tablespoons milk |
| 2 fresh eggs                                 | 1 teaspoon vanilla              |

Melt chocolate and fat together. Cool slightly. Add sugar and corn syrup, mix thoroughly. If egg mix is used, add hot water to it and beat until smooth. If fresh eggs are used, beat slightly. Add eggs to chocolate mixture and blend. Sift dry ingredients together and add to chocolate mixture alternately with milk and vanilla. Beat until smooth. Grease and flour two 9-inch pans. Pour batter into pans and bake in moderate (375° F) oven about 25 minutes.

## Caramels

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|-----------------------------------|----------------------|
| 1 cup sugar                       | 1 cup corn syrup     |
| 2/3 cup undiluted evaporated milk | 1 teaspoon margarine |
| 1/4 teaspoon salt                 | 1 teaspoon vanilla   |

Combine sugar, half the milk, salt, and corn syrup in a saucepan. Stir until boiling and cook until the mixture is a little thick, 230° if you have a thermometer. Add the remaining milk, a little at a time. Do not stop the boiling. Stir in the margarine and cook until a little thick in cold water forms a chewy ball, 240°. Remove from heat, add vanilla, and pour into a buttered bread pan. When nearly cold, cut into squares with a buttered knife.



### Peanut Butter Chews

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|---------------------|--------------------------------|
| 1 cup peanut butter | 1½ cups nonfat dry milk powder |
| 1 cup corn syrup    | 1½ cups powdered sugar         |

Mix all ingredients well. Press out ½ inch thick in a pan. Cut into pieces. Chill before serving. Makes about 2 dozen pieces.

### Peanut Butter Kisses

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|------------------------------|-----------------------------------|
| ½ cup corn syrup             | ½ cup sifted confectioners' sugar |
| ½ cup peanut butter          |                                   |
| ½ cup nonfat dry milk powder |                                   |

Mix syrup and peanut butter in a small bowl. Stir in gradually nonfat dry milk and sugar. Shape into roll about ¼ inch in diameter. Chill. Cut into 1-inch pieces. Makes 24 pieces.

### Pumpkin or Sweet Potato Pie

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|---|-------------------------------|
| 2 cups cooked, mashed pumpkin or sweet potatoes | ¼ teaspoon salt               |
| ½ cup sugar                                     | 1 teaspoon vanilla            |
| 6 tablespoons corn syrup                        | ½ cup plus 2 tablespoons milk |
| 2 eggs  | 1 teaspoon cinnamon           |
| ¼ cup melted margarine                          | 1 9-inch pie shell            |

Mix all ingredients well and pour into unbaked pie shell. Bake in moderate (350° F) oven 1 hour or until set in middle.

### Chocolate Squares

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|--------------------------|-----------------------------|
| ¾ cup sifted flour       | ½ cup corn syrup            |
| ½ teaspoon salt          | 2 eggs                      |
| ½ teaspoon baking powder | 2 squares chocolate, melted |
| ½ cup margarine          | 1 teaspoon vanilla          |
| ¾ cup sugar              |                             |

Sift together flour, salt, and baking powder. Cream margarine, add sugar gradually and cream until light. Blend in syrup. Beat in eggs until light and fluffy. Fold in dry ingredients. Gently stir in chocolate and vanilla. Turn into greased 8-inch pan. Bake in moderate oven (350° F) 30 to 35 minutes. When cool, cut into squares.

### Oatmeal or Rolled Wheat Cookies

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|-------------------------------|--------------------------------|
| ½ cup sifted flour            | ½ cup raisins                  |
| ¾ teaspoon salt               | 1 egg, slightly beaten         |
| 1 teaspoon baking powder      | 6 tablespoons corn syrup       |
| ½ teaspoon cinnamon           | ¼ cup plus 2 tablespoons water |
| 2 tablespoons nonfat dry milk | ½ teaspoon vanilla             |
| 2 cups oats or rolled wheat   | ¼ cup melted fat or oil        |

Sift together flour, salt, baking powder, cinnamon, and milk. Mix in oats or rolled wheat and raisins. Combine egg, corn syrup, water, vanilla, and fat and add to dry ingredients. Stir only until ingredients are moistened. Let stand about 10 minutes and stir again. Drop batter by teaspoonfuls onto greased baking sheets. Bake in moderate (375° F) oven about 15 to 20 minutes. Makes about 2½ dozen.

### Baked Apples

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| 4 large baking apples, as Jonathan, Rome Beauty, Winesaps, or Golden Delicious | Corn syrup<br>Cinnamon<br>Margarine<br>½ cup hot water |
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Wash and core apples. Pare ⅓ way down from top; place in a baking dish. Fill cavity of each apple with corn syrup. Sprinkle with cinnamon and top each with 1 teaspoon margarine. Add water; cover and bake in moderate (350° F) oven 50 minutes or until tender. Remove apples; boil syrup in pan until thick and pour over apples. Makes 4 servings.

### Rice Pudding

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|---|--------------------------------|
| 2 cups cooked rice                                    | 1 cup raisins                  |
| 2¾ cups milk  | Cinnamon or nutmeg, if desired |
| ¾ cup corn syrup                                      |                                |
| ¾ cup dry egg mix and ¾ cup hot water or 3 fresh eggs |                                |

Combine rice, milk, and corn syrup. If using dry egg mix, add water to mix and beat until smooth. If using fresh eggs, beat until slightly mixed. Add eggs to rice mixture. Add raisins and sprinkle with cinnamon or nutmeg, if used. Stir until blended. Pour pudding into 6-inch baking dish; set in pan containing hot water to cover ⅔ of dish. Bake in moderate oven (350° F) for 20 minutes or until firm. Makes 6 servings.

### Drop Cookies

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|--|--------------------------------|
| ½ cup softened fat (margarine or butter) | 2 teaspoons baking powder      |
| 1 egg                                    | ½ cup fluid milk               |
| ½ cup sugar                              | ½ teaspoon vanilla, if desired |
| ½ cup corn syrup                         | ½ cup raisins, if desired      |
| 2 cups flour                             |                                |
| ¼ teaspoon salt                          |                                |

In a bowl, beat the fat and sugar until smooth. Add egg and beat well. Mix the flour, salt, and baking powder. Add half of the flour mixture to the fat mixture and beat well. Add half the milk to the fat and egg mixture and beat well. Add the vanilla, the rest of the milk, and the rest of the flour mixture and beat well. Add raisins, if used, and mix well. Drop from a teaspoon onto a greased baking pan. Bake at 350° F (moderate oven) 10 to 12 minutes or until lightly browned. Makes about 25 cookies.

### Cinnamon Cream Sauce

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|------------------|--------------------------------|
| 1 cup corn syrup | 2 teaspoons cinnamon or nutmeg |
| 2 cups sugar     | 1 cup evaporated milk          |
| ½ cup water      |                                |

Mix corn syrup, sugar, water, and cinnamon in a pan. Bring to a boil over medium heat, stirring all the time. Continue stirring and boil for 2 minutes longer. Cool 5 minutes. Stir in evaporated milk. Serve warm or cold. Makes 3½ cups.

### Other ways to use corn syrup:

In stewed and baked fruits.

To sweeten fruit and beverages.

As syrup over pancakes, French toast, biscuits, and other hot breads.