Using Corn Syrup Blend

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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. In baking, the following rule generally is true:

Six tablespoons corn syrup and ½ cup sugar may be used for 1 cup of sugar. Decrease the liquid called for in the recipe by 2 tablespoons.

Gingerbread

2 cups sifted flour
1 teaspoon baking powder
1 teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon
2 teaspoons ginger
4 tablespoons corn syrup 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

6 cooked sweet potatoes
4 tablespoons corn syrup
2 tablespoons margarine
Salt

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

⅓ cup margarine or shortening
⅓ cup sugar
6 tablespoons corn syrup
⅓ cup dry egg mix and ⅓ cup hot water or 2 fresh eggs

Beat fat and sugar until creamy. Add corn syrup andcontinue 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.

Syrup For Table Use

3 tablespoons water
1 cup corn syrup blend
1 teaspoon maple flavoring

Combine ingredients in a saucepan. Bring to a boil. Boil two minutes. Use as syrup over pancakes, French toast, biscuits, or other hot breads.

Peanut Butter Chews

1 cup peanut butter
1 cup corn syrup
1 cup powdered sugar


Beat fat and sugar until creamy. 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.

Crisp Chocolate Cake

2 squares unsweetened chocolate
2 ½ cups sifted flour
1 teaspoon baking powder
⅔ cup sugar
1 ½ cups plus ⅓ cup corn syrup
⅔ cup hot water or 2 fresh eggs

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 beat. 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.
Peanut Butter Kisses

- 1/4 cup corn syrup
- 1/4 cup nonfat dry milk
- 1/4 cup peanut butter
- 1/4 cup powdered sugar

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

Pumpkin or Sweet Potato Pie

2 cups cooked, mashed pumpkin or sweet potatoes
- 1/4 teaspoon salt
- 1/4 teaspoon vanilla
- 1/4 cup plus 2 tablespoons milk
- 1/4 cup sugar
- 1 teaspoon cinnamon
- 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 knife inserted in the middle comes out clean.

Chocolate Squares

- 3/4 cup sifted flour
- 1/4 cup corn syrup
- 1/4 teaspoon salt
- 2 eggs
- 1/4 cup sugar
- 2 squares chocolate, melted
- 1 teaspoon vanilla


Oatmeal or Rolled Wheat Cookies

- 1/4 cup sifted flour
- 1/4 cup corn syrup
- 1/4 teaspoon salt
- 1 egg, slightly beaten
- 1/4 teaspoon baking powder
- 1/4 cup sugar
- 2 tablespoons corn syrup
- 1/4 teaspoon cinnamon
- 1/4 cup plus 2 tablespoons water
- 1/4 cup margarine
- 2 cups oats or rolled wheat
- 1/4 cup raisins
- 1/4 cup melted fat or oil

Mix together flour, salt, baking powder, corn syrup, and fat. Mix in oats or rolled wheat and raisins. Combine egg, corn syrup, water, and sugar, and beat until slightly mixed. Add to flour mixture and beat until smooth. Drop by teaspoonfuls onto a greased baking sheet. Bake in moderate oven (375° F) 10 to 12 minutes or until lightly browned. Makes about 25 cookies.

Cinnamon Cream Sauce

- 1 cup corn syrup
- 2 teaspoons cinnamon or nutmeg, if desired
- 1/4 cup water
- 1 cup evaporated milk

Combine corn syrup, and cinnamon. If using egg mix, add water to mix and beat until smooth. Using fresh eggs, beat until slightly mixed. Add to rice mixture and beat until well blended. Stir until blended. Pour pudding into a 6-inch baking dish. Set in pan containing hot water. Bake in moderate oven (350° F) 30 to 40 minutes or until firm. Makes 6 servings.

Rice Pudding

2 cups cooked rice
- 1 cup raisins
- 1 cup plus 2 tablespoons cinnamon or nutmeg, if desired
- 3 fresh eggs

Combine rice, milk, and corn syrup. If using egg mix, add water to mix and beat until smooth. Using fresh eggs, beat until slightly mixed. Add to rice mixture and beat until well blended. Stir until blended. Pour pudding into a 6-inch baking dish. Set in pan containing hot water. Bake in moderate oven (350° F) 30 to 40 minutes or until firm. Makes 6 servings.

Drop Cookies

- 1/2 cup softened fat (margarine or butter)
- 1/4 cup corn syrup
- 1 egg
- 1/2 cup fluid milk
- 1/2 cup sugar
- 2 cups flour
- 1/2 cup raisins
- 1 teaspoon vanilla

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 Apples

4 large baking apples (Jonathan, Rome Beauty, Wine-saps, or Golden Delicious)

Wash and core apples. Pare one-third way down from top; place in 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.

Other ways to use corn syrup:

- In stewed and baked fruits
- To sweeten fruit and beverages