



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



POTATO CANDY

Ingredients

1 small potato
Approx. 1 kg icing sugar

Caramel, chocolate or cinnamon spread
Cinnamon sugar or coloured sanding sugar

Preparation

Peel then cut up the potato. Boil over medium heat until soft. Strain the potato pieces and put them in a large bowl. Beat them until mashed. Add half the sugar and mix well. Add the remaining sugar to get a dough-like consistency. Next, sprinkle more icing sugar on a sheet of waxed paper. Place the dough onto the waxed paper and dust the top with more icing sugar. Roll the dough out to about the same thickness as you would for cookie dough. Spread the dough with any spread you like and roll it up into a log. Wrap the log in waxed paper and store it in the fridge until ready to serve. When ready to serve, remove waxed paper and slice the log into thin pieces. Alternatively, instead of rolling the dough out flat, you can pinch off small pieces and roll them in your hands into balls. Then roll the balls in cinnamon sugar or coloured sanding sugar.