

## The first candy in candy history was most likely honey

The first candy in candy history was most likely honey gathered by cavemen. It was a tasty treat that would not spoil. Fruit and nuts were prepared with honey by the Chinese and Egyptians in ancient times. The next type of candy in candy history was the sugarcoated nuts called comfits. This candy developed into the Jordan almonds (also known as confetti) which were popular as gifts for birth and wedding announcements in Italy and France.

Some of the first candy was marketed as medicine. Licorice pastilles were said to be aids *in* digestion. This may be true, nonetheless, candy preparations claimed to do more than possible. Throat lozenges and cough drops are said to be the heirs of hard candy. Sugar became widely available in the sixteenth century because of the slave driven plantations in the West Indies. Spain knew sugar was as good as gold. The codification of the stages at which sugar boils was listed in the age of Descartes. Since then the candy thermometer was invented to measure the temperature of the mix to indicate the ratio of sugar to water. Somewhere between 158 and 392 Fahrenheit. This is one of the greatest achievements in candy history.

There are three types of candy produced by boiling sugar and water. Crystalline type candy is cooked hot and is used for candy fillings, coatings and rock candies. Non crystalline type candy is cooked in medium heat. Caramel and taffy are common examples. Chewy type candy is made at cooler temperatures. By adding starch, gelatin, pectin or a plant gum such as Arabic. This is how jelly beans; licorice and chewing gums are made.

Today candy is a 15 billion-dollar industry in the United States.