

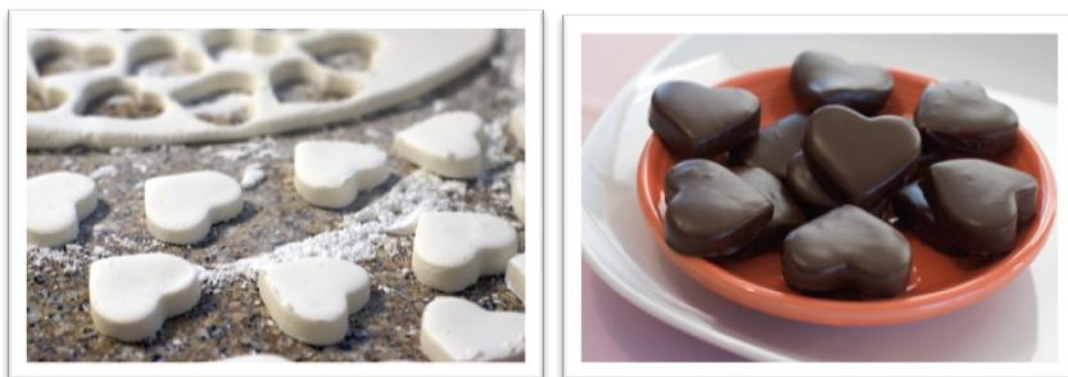
Heart-Shaped Peppermint Patties

OK Before the question is even posed, I will just go ahead and tell you that, yes, these do taste eerily similar to York Peppermint Patties.

NOTE: The recipe is incredibly simple and incredibly sticky. I am just say'n...

The challenging part of this recipe is the actual dipping of the candy though. I pondered for awhile and researched online for the best way to obtain the tidiest chocolate covered silhouettes that I could and I probably should have invested in some dipping tools, but luckily I discovered that a simple dinner fork and a little patience worked surprisingly well. A combination of speed, cleanliness, **and very well chilled patties** also helped my candy coated cause immensely.

Of course, my hearts are far from perfect, but I think they're still a tasty TREAT and gift to make for the special people in your life.... as I was inspired by my own "Peppermint Pattie" who had been lost to me for sooo long and then Thanks to crazy Facebook discovered me again!



Heart-Shaped Peppermint Patties...

and Dedicated to Pattie Corkins, this one's for YOU girl!

Loosely adapted from the York Peppermint Patties recipe.

Yields 4 dozen hearts

Ingredients:

1 egg white
4 cups powdered sugar (plus more for kneading and rolling; approximately 1-2 cups)
1/3 cup light corn syrup
1/2 teaspoon peppermint oil or extract
Cornstarch for dusting
24 ounces semisweet chocolate chips
1/2 bar edible paraffin wax such as Gulf Wax or 2 tablespoons of shortening (**Note:** Please see below re: Gulf Wax)

Directions:

In a medium bowl, beat the egg white until frothy but not stiff. **FYI:** Don't use a plastic bowl for this. Slowly add the powdered sugar while blending with an electric mixer set on medium speed. (**Note:** The mixture will be extremely sticky and you will need to scrape down the sides of the bowl repeatedly).

Add the corn syrup and peppermint oil or extract and knead the mixture with your hands until it has the smooth consistency of dough. Add more powdered sugar if necessary, until mixture is no longer sticky. (**Note:** I added approximately a cup of additional powdered sugar during the kneading process).

Using a surface and rolling pin heavily dusted with cornstarch, roll out the peppermint dough until it is about 1/4 inch thick. Punch out circles of peppermint dough with a small heart-shaped cutter. (I think I got mine at MarthaStewart.com) Or you can use small round or square cutters.

When you have cut out as many shapes as your dough allows, pull the sides of the dough together and knead back into a ball (adding more powdered sugar if necessary) and roll out the dough again. Repeat until you have used all of the peppermint dough.

Place the hearts on plates or **silpat lined cookie sheets**, and let them firm up in the refrigerator, about 45 minutes. Melt the chocolate chips and paraffin wax in a double boiler over medium heat until smooth. Reduce the heat to low.

To Coat (**Note:** This is the method that worked best for me):

Drop a heart patty into the chocolate and coat completely using a dinner fork. Lift the coated patty from the chocolate, being careful to have the heart's point facing towards the outer tips of the tines.

Gently tap the forks against the bowl to knock off the excess chocolate. Place your finger on the backside of the heart and carefully slide the patty onto **a silpat lined cookie sheet**. Try to do this in once smooth and controlled motion. Extra movements will smear the chocolate and create additional edging on your hearts.

(**Note:** You can also use wax paper, but I have found that the chocolate tends to stick to the paper) or may try spraying a bit of PAM on to foil???. **Very Important:** Be sure to clean your fingers and the fork between each dipping to ensure a smooth and clean heart quality.

Chill the peppermint patties until firm, about 30 minutes. **FYI:** They are delicious straight from the freezer and is MY FAV way to eat them!

Re Gulf Wax: I have always found the brand of wax that I use "Gulf Wax" in the baking aisle or in the section where they sell canning jars, lids and pectin. You can probably find it at hardware stores too. If you do a Google search I'm sure you can find it online.

I was taught this technique in Amsterdam back in the day and heard about it again in Paris a few years later. For zillions of years people have used it in their chocolates (your mothers and grandmothers). I know, it doesn't mention anything about using for chocolate making on the packaging though... so I guess use it at your own risk.

NOTE: If you look online there are people both for and against the use of wax in food. But I personally never grew a third eye or anything. If it makes you uncomfortable, you can also simply add a few tablespoons of shortening to your melted chocolate and you'll have a similar result.