



Ruby Red Tablet Lollipops

Chef Andrew Zimmern is here with a sweet treat inspired by his new book, "AZ and the Lost City of Ophir". Wear protective eyewear and start with 1/2 teaspoon cinnamon oil, as it can be strong. And remember to be extremely careful when pouring hot sugar. If cinnamon isn't your favorite, use a different oil to make these lollipops. The options are endless.

Ruby Red Tablet Lollipops

Makes 12 lollipops

Ingredients

12 (4-inch) lollipop sticks
1 cup granulated sugar
1/2 cup water
2 tablespoons light corn syrup
6 drops red food coloring
1/2 to 1 teaspoon cinnamon oil

Directions

1. Line a large rimmed baking sheet with parchment paper or aluminum foil. Arrange the lollipop sticks on the baking sheet, about 4 inches apart.
2. In a small heavy-duty saucepan over medium heat, add the sugar, water, and corn syrup. Bring to a boil, whisking, until the sugar has dissolved. Cover and boil the syrup for 1 minute.
3. Uncover and increase the heat to medium-high. Continue to cook the syrup, without stirring, until it reaches 300 degrees on a candy thermometer, 5 to 7 minutes.
4. Remove from heat and let cool for 5 minutes.

5. Stir in the food coloring and cinnamon oil. Carefully spoon the syrup into 3-inch puddles over the top half of each lollipop stick. Let cool completely.

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