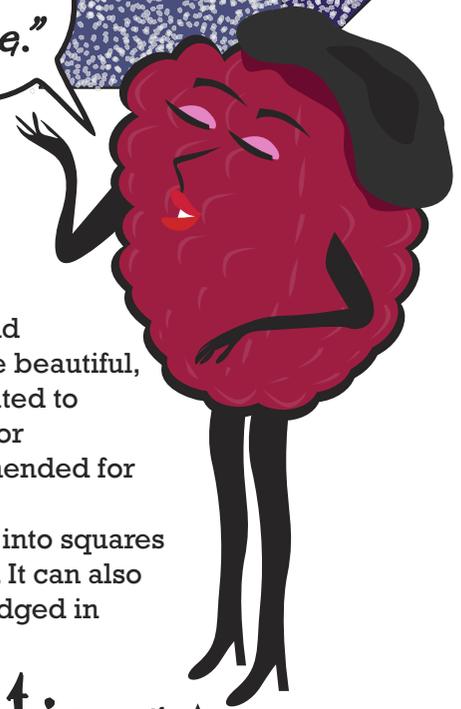*C'est prononcé "PAHT-duh-fwee."*

Pâte de Fruit

PÂTE DE FRUIT are traditional French confections made with sugar and fresh fruit purée. For sale in *pâtisseries* throughout France, they are beautiful, jewel-like candies that make a wonderful gift, one especially well-suited to adults. The following recipe is for a berry flavored candy. Any berry or combination of berries will work (though other fruits are not recommended for use with this particular recipe).

Pâte de Fruit is very versatile. It can be made in one slab that is cut into squares or it can be cut into different shapes using a fondant or cookie cutter. It can also be poured into silicone molds. For finishing, Pâte de Fruit can be dredged in sanding sugar or coated in chocolate.

Ingredients

- 2½ cups vegan granulated sugar, divided
- 1 Tbsp plus 1 tsp rapid set high methoxyl pectin*
- 2⅛ cup berry purée
- 2¼ tsp citric acid

FOR COATING
- 1 cup vegan granulated sanding sugar for dredging OR 10 oz vegan dark chocolate for coating

OPTIONAL:
- Silicone mold(s)
- Fondant cutters or small cookie cutters

Visit allamericanvegan.com for link to where to purchase.

Instructions ☆

Set Up
Line an 8" by 8" baking dish with parchment paper (instructions, page 16). NOTE: *Silicone mold(s) can also be used.*

Prepare Ingredients
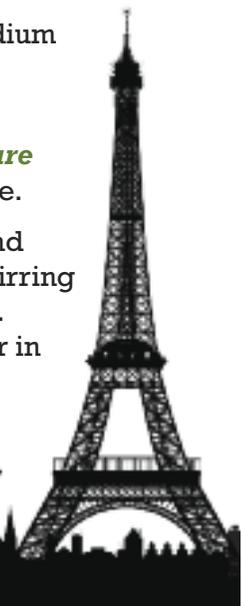Stir pectin evenly into sugar. Reserve for later use.

Bring Puréed Fruit to a Boil
Bring puree to a boil in a medium stockpot over medium heat, stirring frequently.

Whisk in Pectin/Sugar Mixture
Whisk in sugar/pectin mixture.

Attach candy thermometer and continue cooking to 233° F, stirring frequently to avoid scorching. Remove pot from heat and stir in citric acid.

Spread Mixture

Spread mixture evenly and smoothly in prepared baking dish (or silicone molds, if using).

Allow the mixture to firm and cool to room temperature.

Cut Slab into Pieces

Line a work surface with a 1' piece of parchment paper.

Lift *pâte de fruit* slab from baking dish by overhanging parchment paper. Flip upside down onto prepared work surface. Peel off parchment paper stuck to slab. Alternatively, if using silicone mold, pop candies out of individual mold cavities and skip next step.
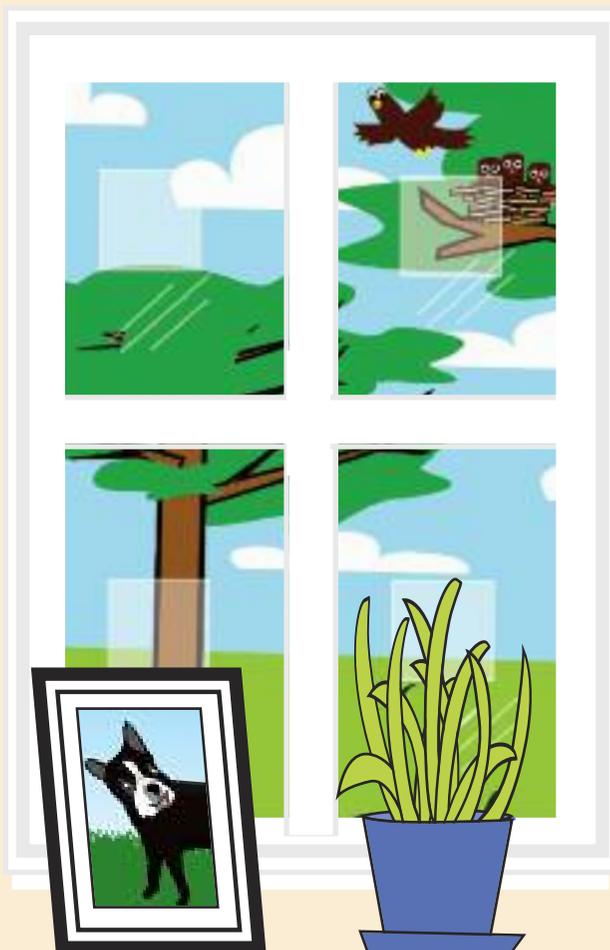
Using a large Chef's knife, slice off any uneven edges then make 4 evenly spaced cuts horizontally and 4 evenly spaced cuts vertically, creating 25 square candies (or cut to whatever size is prefered). NOTE: *Pâte de Fruit can also be cut into shapes using fondant or small cookie cutters.*

Dredge Pieces in Sugar (or Coat in Chocolate)

Place 1 cup sugar in a small bowl and individually dredge candies to coat. Alternatively, dip individual candies in chocolate following "How to Dip Bite-Size & Round Candies in Chocolate" instructions (pages 57-59).

Makes 25 square candies (may otherwise vary depending on molds used or shapes cut)

#VEGANMEANS

MILLIONS of birds are harmed each year by flying into windows. Sometimes the birds are merely stunned and recover in a few moments. Other times, they suffer severe injuries and death. Why do birds fly into windows? Because they are confused by glass. They see the reflection of the landscape—trees, sky, clouds—and think they are flying into more open space. Windows that align with another window on an opposite wall are some of the most dangerous for birds because they create the illusion of a "fly through" passage.

Our home is surrounded by trees and contains many large windows, so it didn't take us long after we moved in to realize we had a serious problem in need of fixing.

While the internet abounds with various suggestions for making windows safe for our feathered friends, we use translucent window decals that have been treated with an ultraviolet, reflective coating. Although invisible to humans, the reflected light is very bright to birds and functions, according to the manufacturer, "much like a stoplight." A link for where to purchase such decals can be found at allamericanvegan.com.

Making windows safe for birds