

Make Perfect Tanghulu Every Time: Simple Ingredients, Big Crunch

Tanghulu: The Crunchy Candied Fruit Treat That's Taking Over



OVEN
300°F

TIME
20 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

2 cups granulated sugar
1 cup water
1 lb strawberries (or any fresh fruit of your choice: grapes, blueberries, pineapple chunks, kiwi)

DIRECTIONS

1. Prep the : FruitWash and thoroughly dry all fruit. Water repels hot sugar, so dry them carefully with paper towels.
2. Skewer the : FruitThread 1-3 pieces of fruit onto bamboo skewers. Set aside on a parchment-lined tray.
3. Make the : Sugar SyrupIn a saucepan, combine the sugar and water. Heat over medium-high without stirring. Use a candy thermometerand bring it to 300°F (hard crack stage). This takes about 8-10 minutes.
4. Dip the : FruitOnce the syrup reaches 300°F, quickly and carefully dip each skewer into the syrup. Rotate to coat evenly.
5. Let : It SetPlace skewers on a silicone baking mat or parchment paper. The coating hardens almost instantly!

SWAPS & NOTES

Fruit Options : Tanghulu works best with firm fruits.
Avoid soft or overly juicy ones like bananas.

Sweetener Swap : You can try light corn syrup or honey for variation, but plain granulated sugar gives the cleanest crack.

Add Flavor : For a twist, add a touch of vanilla or a pinch of cinnamon to the sugar syrup.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/make-perfect-tanghulu-every-time-simple-ingredients-big-crunch/>