

Treasure Barrel

Tanghulu – Chinese Candied Fruit Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**Chinese** Cuisine

Ingredients

Main Ingredients

- [ ] 12 fresh strawberries, hulled
- [ ] 12 grapes, washed and dried
- [ ] 12 kiwi slices, about ¼-inch thick
- [ ] 12 wooden sticks, soaked in water
- [ ] 2 cups granulated sugar
- [ ] ½ cup water
- [ ] 1 tbsp lemon juice
- [ ] Pinch of sea salt (optional)

For the Sugar Syrup

- [ ] 2 cups granulated sugar
- [ ] ½ cup water
- [ ] 1 tbsp lemon juice

Instructions

1. Pat the fruit completely dry, then thread each piece onto a soaked wooden stick, leaving a little space between pieces.
2. In a medium saucepan, combine 2 cups sugar, ½ cup water, and lemon juice. Heat over medium, stirring until sugar dissolves, then stop stirring.
3. Allow the mixture to boil until it reaches a hard-crack stage (about 300°F). You'll notice it turning a deep amber; that's the moment.
4. Quickly dip each fruit-skewered stick into the hot syrup, allowing excess to drip back into the pan. Place on parchment paper to set.
5. If desired, sprinkle a pinch of sea salt or crushed pistachios over the glaze while it's still tacky. Let the tanghulu cool for 10-15 minutes before serving.

Nutrition per serving

180 kcal	2 g	45 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Work in small batches; the syrup hardens fast.
- If the glaze clouds, it means the temperature dropped—re-heat gently.
- For extra sparkle, dust the finished sticks with edible glitter.