

- Prep Time: 15 minutes
 - Cook Time: 15-20 minutes
 - Cooling/Setting Time: 1-2 hours
 - Total Time: Approximately 2 hours
 - Yield: 24-30 pieces
 - Skill Level: Intermediate
 - Intensity: High (requires focus and quick action)
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Ingredients

- For the Candy:
 - 2 ½ cups granulated sugar
 - ½ cup light corn syrup
 - ½ cup water
 - ¼ teaspoon salt
 - 2 large egg whites, at room temperature
 - 1 teaspoon vanilla extract
 - 1 cup chopped pecans (or walnuts)
- For the Equipment:
 - Candy thermometer
 - Heavy-bottomed medium saucepan
 - Stand mixer with whisk attachment (or a hand mixer)

- Parchment paper or silicone baking mat
 - Wooden spoon
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Instructions

Part 1: Preparation (Intensity: Low)

1. Prep Your Space: Line two baking sheets with parchment paper or a silicone baking mat. Lightly grease the parchment with cooking spray or a thin layer of butter. This is crucial for preventing the candy from sticking.
2. Prep Your Ingredients: Have your chopped pecans, vanilla extract, and salt measured and ready. Separate your eggs, ensuring no trace of yolk gets into the whites, and place the whites in the bowl of your stand mixer.
3. Set Up Your Station: Clip your candy thermometer to the side of your heavy-bottomed saucepan. Make sure the probe is not touching the bottom of the pan.

Part 2: Cooking the Sugar Syrup (Intensity: High)

1. In the prepared saucepan, combine the granulated sugar, light corn syrup, water, and salt.

2. Place the pan over medium heat and stir gently with a wooden spoon or spatula until the sugar has completely dissolved. This should take about 3-4 minutes. Do not let the mixture boil before the sugar is dissolved.
3. Once the sugar is dissolved, stop stirring. Increase the heat to medium-high and bring the mixture to a rolling boil.
4. Continue to boil, without stirring, until the candy thermometer reads exactly 250°F (121°C) . This is the “hard ball” stage. This process can take 10-15 minutes. Watch the thermometer closely, as the temperature can rise quickly at the end.

Part 3: Beating the Egg Whites (Intensity: High)

1. Timing is Everything: About 5 minutes before your syrup is due to reach 250°F, begin beating the egg whites. Using your stand mixer with the whisk attachment, beat on medium-high speed until stiff, glossy peaks form.
2. You’ll know they’re ready when the peaks stand straight up and don’t collapse when you lift the whisk. Do not over-beat or they will become dry and lumpy.

Part 4: Combining and Beating (Intensity: Very High)

1. The Critical Moment: As soon as the syrup hits 250°F, immediately remove the saucepan from the heat.
2. With the mixer running on medium-high speed, very slowly and carefully pour the hot

syrup in a thin, steady stream down the side of the mixing bowl into the beaten egg whites. Be extremely careful to avoid pouring the hot syrup directly onto the whisk attachment or the beaters, as it will splatter.

3. Once all the syrup is incorporated, add the vanilla extract. Continue to beat on medium-high speed.
4. The mixture will be very glossy and thin at first, but it will quickly begin to thicken and lose its shine.
5. The “Dulling” Test: After about 3-5 minutes of beating, the candy will start to look matte and will hold its shape. When you lift the whisk, a thick ribbon should fall from it and slowly dissolve back into the mixture. At this point, stop the mixer immediately. Over-beating will cause the candy to become dry and crumbly.

Part 5: Shaping the Candy (Intensity: High)

1. Working very quickly, fold in the chopped pecans with a sturdy spatula or wooden spoon.
2. Using two greased spoons (or a greased cookie scoop), drop rounded tablespoonfuls of the mixture onto the prepared baking sheets. Work fast, as the candy sets up very quickly.
3. If desired, gently press a single pecan half onto the top of each piece of candy for decoration.

Part 6: Cooling and Storage (Intensity: Low)

1. Let the divinity candy cool completely at room temperature. This will take about 1-2 hours.
 2. Once fully set, the candies should be firm on the outside and soft and chewy on the inside.
 3. Store in an airtight container in a cool, dry place for up to a week.
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Nutrition Information

Disclaimer: The following nutritional information is an estimate and is provided for informational purposes only. It is not a substitute for professional dietary advice. The values can vary based on the specific ingredients and portion sizes used.

Serving Size: 1 piece (based on a yield of 30 pieces)

- Calories: ~110 kcal
- Total Fat: 3g
- Saturated Fat: 0.3g
- Trans Fat: 0g

- Cholesterol: 0mg
- Sodium: 20mg
- Total Carbohydrates: 21g
- Dietary Fiber: 0.4g
- Total Sugars: 19g
- Protein: 0.5g