

Kiddush Gummy Bears

Recipe By Victoria Dwek



Cooking and Prep:  3 h

Serves:  60

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Pescetarian, Gluten

Free, Low Fat

Source: Whisk by Ami
Magazine

During one Friday evening in the summer, I noticed one of my neighbor's children, all ready for Shabbos in her Shabbos robe, enjoying a treat she called "Kiddush Ices." It was simply frozen grape juice, prepared granita-style. I loved the idea of simply iconic Kedem grape juice being turned into a treat that adds to the excitement of the day. That was the inspiration for these gummy bears. Silicon candy molds are inexpensive, and kosher gelatin is also available at most kosher supermarkets.

Ingredients (5)

For Gummy Bears

- 1 cup **Kedem Grape Juice**, divided
- 1 ounce (about 1/4 cup) kosher fish-based gelatin
- 6 tablespoons sugar
- 2 tablespoons sugar (optional)
- 1 teaspoon sour salt (optional)

Start Cooking

Make the Gummy Bears

Yield: about 180 little gummy bears

1. In a small bowl, place 1/4 cup grape juice. Sprinkle with gelatin. Let it sit for a few minutes to let the gelatin bloom (it will begin to look wrinkled).
2. In a small saucepan, combine remaining 3/4 cup grape juice and sugar. Bring to a boil. Remove from heat and whisk in gelatin mixture.
3. Using an eyedropper (this should come with most gummy molds), drop mixture into molds. Let set in the refrigerator for a couple of hours. If you don't have a mold, you can also pour it onto a plastic wrap-lined baking sheet and let set, then cut into sour belt shapes.

Variation:

To make a sour-gummy version, combine sugar and sour salt. Roll gummy bears in mixture and place on a piece of parchment or wax paper. Let them sit out at room temperature for a couple days to dry out and crystallize. (They taste good right away but the sugar will look like it's melting into the gummy bear.)