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Peanut butter whiskey martini

By Amiee, Facky StaffUpdated: Mar 7, 2019Peanut butter fudge is a smooth and creamy confection regularly seen around the holidays. Even when it's nowhere near the holidays, you may find yourself craving it. This recipe describes how to make peanut fudge with minimal preparation and very few ingredients. Fast and easy peanut butter fudge recipes are ideal for enjoying this delicious treat and fitting it into your regular schedule.Peanut butter fudge has a rich, slightly salty flavor, and it is easier to prepare than chocolate fudge. Achieving a smooth, creamy texture is the hardest part of learning how to make peanut butter fudge. The boiling syrup must be removed from heat at the candy syrup stage, or 235 °F. Turning off the heat early results in soft, sticky fudge that won't set. Hard or burnt fudge comes from boiling at an excessive temperature. The 'soft ball' method of estimating temperature is done by dropping 1/4 tsp of boiling syrup into a bowl of cold water. The syrup is ready when it forms a ball in the water with a firm texture. Candy thermometers determine the exact temperature of the syrup. Keep candy thermometers properly calibrated, and avoid letting the thermometer tip touch the bottom of the pan. If the tip touches the pan bottom, the temperature reading will be much too high. pamelia_d_mcadams / Getty Images It may be possible to salvage overly soft peanut butter fudge. Scoop the fudge back into a saucepan. Add 2 cups of water or 1-cup each of water and evaporated milk. Stir the mixture until everything is dissolved and turn the heat on. Cook the syrup again until it reaches 235 °F. Stirring in 1/2-cup of confectioners' sugar during the second round of boiling is another option for fixing soft texture. Taste the syrup during the second round of boiling, and add more ingredients if the taste is diluted. Martinhowra / Getty Images Sometimes peanut butter fudge with a grainy texture can be fixed as well. Put the grainy fudge back in the pan. Add water and a little bit of melted butter or evaporated milk. Melt the fudge into syrup, and heat the syrup slowly. Stir constantly while until it reaches 235°F, then pour it into a dish. This method may fix hard or grainy fudge, but burnt fudge cannot be fixed. Blackened specks in the syrup or a black coating on the bottom or sides of the saucepan indicate burnt syrup. NatashaBreen / Getty Images A few tips help avoid graininess or hard fudge altogether. Grainy fudge contains sugar crystals. Hard fudge is a result of excessive syrup temperatures, which frequently goes hand-in-hand with heating too quickly. This causes graininess because the sugar didn't have time to dissolve completely. Other causes of sugar crystals include inadequate stirring or a lack of sufficient fluids or fat in the syrup. Adding 1-tsp of Cream of Tartar or a little bit of fondant to the syrup may help dissolve sugar for a creamier texture. bhofack2 / Getty Images This recipe produces smooth, silky peanut butter fudge. Melt 1/2 cup of butter in a saucepan over medium heat. Stir in 2 cups of brown sugar, and 1/2 cup of milk. Bring the mixture to a slow boil, then stir frequently for 2 minutes. Remove the saucepan from the heat when the mixtures reaches 235 °F, then stir in 1-cup of peanut butter and 1-tsp of vanilla extract. Pour 3-cups of confectioners' sugar into a large bowl, and pour the peanut butter mixture over the sugar. Use an electric mixer to beat the combined ingredients into a smooth consistency, then pour the mixture into an 8x8 inch dish. Chill until the fudge is firm. qmicholas / Getty Images This recipe describes how to make peanut butter fudge with a crunchy texture and only 3 ingredients. Line an 8x8 inch baking pan with enough aluminum foil to hang over the edges, and coat the foil with butter. Fill a third of the bottom pan with water, and bring the water to a boil. Turn the heat down to the lowest setting and place the top pan over the double boiler. Melt a 1/2 pound of butter and 18 ounces of crunchy peanut butter in the pan. Stir until the mixture is completely melted, then stir in 1-pound of confectioners' sugar. Scrape the mixture into the foil-lined pan, and let it cool. Remove the foil and fudge from the pan to cut into squares. Leszy / Getty Images This 10-minute method of making peanut butter fudge is almost completely fail-safe. The peanut butter fudge can be cooked in an oven or microwave. Combine 1.25 cups of peanut butter and 1.25 cups of butter in a saucepan. Bring the mixture to a boil. Remove the saucepan from heat immediately after reaching the boiling point. Stir in 1.5 tsp of vanilla extract, 4.5 cups of confectioner's sugar, and a pinch of salt. Pour the mixture into a greased 8 inch baking dish. Smooth the surface and cover with plastic wrap directly on the fudge. Chill in the refrigerator for at least one hour so the fudge sets. For the microwave method, put the peanut butter and butter in a large microwavable bowl covered with a paper towel. Microwave for two minutes and finish the rest of the normal recipe. olgakr / Getty Images Butterscotch and peanut butter is a winning combination for a quick dessert. Use a microwave-safe bowl to combine 14 ounces of sweetened condensed milk, 12 ounces of butterscotch chips, and 1.5 cups of miniature marshmallows. Microwave the uncovered dish at 80% power for 3 minutes while pausing to stir frequently. After the chips and marshmallow are melted, stir in 2/3 cup of peanut butter and 1 tsp of vanilla extract. Fold 1-cup of salted peanuts into the mixture, then pour it into an 11x7 inch butter-coated pan. Refrigerate for 2 hours before serving AnnaPustynnikova / Getty Images This method of making peanut butter fudge doesn't require a stove or oven. Melt 1/2 pound of butter and 1-cup of peanut butter in a mixing bowl. Add 1 Tbsp of marshmallow cream and stir thoroughly, then stir in 16 ounces of confectioners' sugar. Pour the mixture into a greased 13x9 inch pan, and store the fudge in the refrigerator. MiguelMalo / Getty Images Crush 30 saltine crackers, and coat an 8x8 inch baking pan and medium-sized saucepan with butter or cooking spray. Boil 2 cups of sugar and 2/3 cup of evaporated milk in the saucepan over medium heat. Remove the pan from the burner after boiling for 1 minute. Add the crushed crackers, 1/3 cup of peanut butter, and 1-tsp of vanilla extract to the saucepan. Let the mixture sit for 30 minutes, then mix thoroughly until it thickens. Spread the fudge into the baking pan. Melt 1.5 cups of chocolate chips in a double boiler, and pour the melted chocolate over the fudge. Use a spatula to spread the chocolate evenly, and sprinkle chopped peanuts on top. wsmahar / Getty Images Peanut butter and jelly sandwiches seem pretty harmless, but what's really lurking beneath the surface of that nutty paste that sticks to the roof of the mouth? The danger in peanut butter lies in its high calorie content and fats that may cause heart diseaseDietary fats and cardiovascular health. Carrillo, Fernandez L., Dalmau, Serra J., Martinez, Alvarez JR, et al. Centro de Salud La Victoria de Acentejo, Santa Cruz de Tenerife, Sociedad Espanola de Medicina Familiar y Comunitaria, Spain. Anales de Pediatria. 2011 Mar;74(3):192.e1-16. Epub 2011 Feb 23.— and the fact that it's so darn hard to eat just one serving.A Sticky Situation! - Why It's DangerousPhoto by Caitlin CovingtonPeanut butter is considered an energy-dense food, meaning a small amount provides a high number of calories. One recommended serving (about two tablespoons) packs around 190 calories, 135 of which come from both saturated and unsaturated fats. But beware of the distinction: unsaturated fats are essential to a healthy diet and can help prevent cardiovascular disease, while saturated fats may increase the risk of heart diseaseDietary fats and cardiovascular health. Carrillo, Fernandez L., Dalmau, Serra J., Martinez, Alvarez JR, et al. Centro de Salud La Victoria de Acentejo, Santa Cruz de Tenerife, Sociedad Espanola de Medicina Familiar y Comunitaria, Spain. Anales de Pediatria. 2011 Mar;74(3):192.e1-16. Epub 2011 Feb 23.Dietary fat consumption and health. Lichtenstein, A.H., Kennedy, E., Barrier, P, et al. Tufts University, Boston, MA 02111-1525, USA. Nutr Rev. 1998 May;56(5 Pt 2):S3-19;discussion S19-28..By themselves, peanuts are pretty innocent—it's the process of turning them into butter that crosses into dangerfood territory. To make peanut butter, the nuts are roasted, cooled, shelled, and ground. When other ingredients like salt, hydrogenated vegetable oil, dextrose, corn syrup and honey are added, the trouble starts. They may make the peanut butter smoother and lengthen its shelf life—but at what cost?Along with extra sugar, these added ingredients could mean the addition of trans fat. Trans fats are considered among the worst fats because they raise “bad” (LDL) cholesterol and lower “good” (HDL) cholesterol levels, possibly increasing the risk of heart diseaseThe negative effects of hydrogenated trans fats and what to do about them. Kummerow, FA. Department of Bioscience, University of Illinois, Urbana, 61801, United States. Atherosclerosis. 2009 Aug;205(2):458-65. Epub 2009 Mar 19. Even if the label says, “zero trans fats,” it's still possible to contain up to half a gram per serving. Look for “partially hydrogenated oil” listed as an ingredient— this could be a sign that the peanut butter contains this bad boy.But peanut butter isn't all bad—and those who eat it may even be healthier overall. One study found that tree nut and peanut consumption was associated with better overall diet quality and improved nutrient intakesTree nuts and peanuts as components of a healthy diet. King, J.C., Blumberg, J., Ingwersen, L., et al. Children's Hospital, Oakland Research Institute, Oakland, CA 94690, USA. J Nutr. 2008 Sep;138(9):1736S-1740S.. Peanuts also contain vitamin E, protein, folic acid, and antioxidants, as well as monounsaturated and polyunsaturated fats (the “heart healthy” kinds)Health benefits of nuts: potential role of antioxidants. Blomhoff, R., Carlsen, M.H., Anderson, L.F. Department of Nutrition, Institute of Basic Medical Sciences, University of Oslo, Oslo, Norway. Br J Nutr. 2006 Nov;96 Suppl 2:S52-60.Protective effect of monounsaturated and polyunsaturated fatty acids on the development of cardiovascular disease. Aguilera, C.M., Ramirez-Tortosa, M.C, Mesa, M.D., et al. Nutr Hosp. 2001 May-Jun;16(3):78-91.. An added bonus— it's even been found to reduce the risk of type 2 diabetes in womenNut and peanut butter consumption and risk of type 2 diabetes in womenJiang, R, Manson, JE, Stampfer, MJ, et al. JAMA. 2002 Nov 27;288(20):2554-60..Step Away From the Jar - Your Action PlanTry sticking to one serving of peanut butter at a time— 2 tablespoons, or about the size of a ping pong ball— an amount some studies suggests has increased in recent decadesFood portions are positively related to energy intake and body weight in early childhood. McConahy, K.L, Smiciklas-Wright, H., Birch, L.L. Departments of Nutrition and Human Development and Family Studies, The Pennsylvania State University, University Park, PA, USA. J Pediatr. 2002 Mar;140(3):340-7.! We know it's tempting to lick peanut butter straight from the spoon, but beware— when the tongue is doing the talk- err, licking, it's hard to know when to stop.If peanut butter isn't a favorite, try these alternatives made from lower-fat nut options. Some good options are almond butter, which is slightly sweeter than peanut butter and contains more calcium and fiber, or soy nut butter, which has fewer calories than peanut or almond butter, supplies soy protein, and contains less fat than other butters.We're not saying cut out the peanut butter completely - imagine a childhood without peanut butter and jelly (the average American child eats 1,500 P&J sandwiches before even graduating from high school)! The main thing to remember: stick to one serving size of peanut butter to reduce calories and cholesterol-raising saturated and trans fats. peanut butter whiskey espresso martini. pb&j martini with peanut butter whiskey

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