

Lifestyles



pops!

Sweets on a stick are the perfect treat. There's a pop for all seasons, all reasons. For parties, desserts, everyday and special occasions, pops are tops!

They can be as simple as classic cake ball pops - crumbled cake mixed with icing, then shaped into balls and dipped into melted candy. Or, create hundreds of other pop shapes and flavors from cake, brownies, cookies and crispy cereal treats.

Local baker Paula Wanamaker has been dubbed Queen of the Cake Pops, because she enjoys making the sweet treat so much.

"They are just so much fun. I love to bake, try new recipes and share them," said Wanamaker.

The cake pop has become even more popular by Bakerella, her website and her book featuring many varieties of cake pops.

"I just love Bakerella, I even went to see her in Nashville and got her to autograph my book," laughs Wanamaker.

She says one can do just about anything with a cake pop, which adds to its versatility.

These recipes are only the beginning. "Pops! Sweets on a Stick," a new book from Wilton, features 112 pages packed with pops. Visit www.wilton.com to order the book, pops supplies, find recipes and much more. Pop to it!

Basic Cake Ball Pops

- 1 box (about 18 ounces) cake mix
- 1 box (about 3.4 ounces) instant pudding mix
- 4 eggs
- 1 cup water
- 1/3 cup vegetable oil
- 1/2 cup Creamy White Decorator Icing
- 1 bag (14 ounces) Candy Melts
- Lollipop Sticks

Preheat oven to 350°F. Spray two 8-inch or 9-inch round pans or one 13 x 9 x 2-inch sheet pan with vegetable pan spray.

In large bowl, combine cake mix, pudding mix, eggs, water and oil; beat at medium speed with electric mixer 2 minutes. Pour into prepared pans.

Bake 30 to 35 minutes for round pans; 35 to 40 minutes for sheet pan, or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling grid and cool completely. Divide cake in half; freeze one half for future use.

In large bowl, use hands to crumble cake until no large chunks remain. Add icing; mix with fingers until well combined. Form mixture into balls. Chill in refrigerator at least 2 hours.

Melt Candy Melts according to package directions. Dip sticks into melted Candy Melts and insert into cake balls; let set. Wait until candy is completely firm before dipping the pops completely in melted Candy Melts.

Yields 48 tablepoons.

Makes 48 - 1-tablespoon sized cake ball pops (each about 1 1/4-inch diameter).

Makes 24 - 2-tablespoon sized cake ball pops (each about 1 1/2-inch diameter).

Makes 16 - 3-tablespoon sized cake ball pops (each about 1 3/4-inch diameter).



Margaret Hobbs photo
Paula Wanamaker loves the versatility of using cake pops, because there are so many creative ways to decorate. Her friends have named her Queen of the Cake Pops.



Margaret Hobbs photo
A tray of cooled cake pops will be decorated with assorted candies and colorful sprinkles after they are dipped in melted chocolate.

Tri-Dipping

Create a rainbow effect with 3 layers of color! Works with any trio of Candy Melt colors, or try light, medium and dark shades of the same color. Lighten Candy Melt colors by adding melted White Candy Melts.

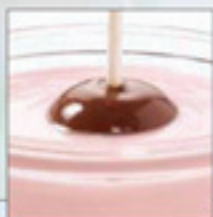
Triple Dippers

Each serves 7

Medium Cake Ball

Dark Cocoa, White and any favorite color Candy Melts, melted Candy Color Set (optional)

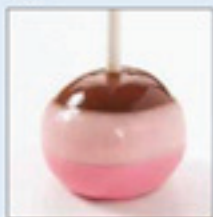
Dip cake ball pops completely in melted cocoa or white candy; place in Decorating Stand and chill until firm. Create 2 shades of each candy color by adding more or less White Candy Melts, or using Candy Colors. Dip pops in lightest candy shade, covering bottom 2/3; chill until firm. Dip pops in darkest candy shade, covering bottom 1/3; chill until firm.



1. Start with a pop that has already been completely candy dipped and chilled as your base color. Dip pop 2/3 deep in second color of melted Candy Melts. Tap and chill until set.



2. Dip pop 1/3 deep in third Candy Melt color. Tap to remove excess.



3. Place pop on parchment-covered cake board and chill until firm.



Try Trifocals!

Each serves 7

Medium Cake Ball Pops

White, Red, Orange and Green Candy Melts, melted

Garden Candy Color Set (black used)

Candy Eyeballs, spice drops, banana-shaped hard candies
Dip cake balls in melted candy. Place in Decorating Stand; chill until firm. With pointed knife, cut small holes in sides of cake balls for ears. Insert banana candy, securing with melted candy. Cut small piece of spice drop and shape for nose. Attach nose and eyes with melted candy. Pipe black tinted candy mouth, let set. Pipe white candy dot teeth.

Cocoa Kabobs

Each serves 7

Small and Medium Cake Balls,* not on sticks
Light Cocoa and White Candy Melts, melted
Turtle Crunch, Cookies 'N Cream Crunch, toasted coconut, chopped nuts, mini chocolate chips

Dip cake ball pops in melted candy. Roll in various toppings. Let set on parchment-covered cake board. Use melted candy in disposable decorating bag to pipe a ring of candy about 4 inches from end of stick; chill until firm, then overpipe. Place sticks on parchment-covered cake board until firm. Slide four cake balls onto prepared sticks, alternating sizes.

*2 cake balls each size per kabob.