

Sour cherries

From the sweeties.net wiki

Sour cherries are cherry shaped sweets, sometimes moulded as a pair of cherries joined at the stalk, and coated in sugar sharpened with acid. Several sweet makers produce them, and the recipes can differ a great deal, as two examples show.

Two recipes, side by side

CandyKing Sour Cherries. CandyKing, a pick and mix supplier, lists sugar, glucose syrup, wheat starch, water, modified starch, lactic, malic and citric acids and sodium malates, flavouring, sodium carbonates, and spirulina, safflower and black carrot concentrates for colour. It describes them as vegan, gelatine free and palm oil free, with 58 g of sugar per 100 g.

Haribo Sour Cherries. The retailer ToffeeWorld lists glucose syrup, sugar, gelatine, dextrose, citric and malic acids, flavourings, fruit and plant concentrates including apple, aronia, blackcurrant, elderberry, grape, kiwi, nettle and spinach, invert sugar syrup and carob extract. It describes them as twin cherries about 5 cm by 4 cm, with about 58 g of sugar per 100 g.

What makes them sour

The sharpness comes from food acids, mixed into the sweet or tumbled over the outside with sugar. Malic acid, found naturally in apples, tastes sourer than citric acid: see [what is malic acid in sweets?](#) and [how are sour sweets made?](#)

Acids draw in moisture, which can make a sour coating wet and sticky. Partly neutralised acids, such as the sodium malates in CandyKing's recipe, are one way makers keep the coating dry. For why sourness makes your mouth pucker, see [why do sour sweets make your mouth pucker?](#)

Diet and allergies

- **Gelatine.** Haribo's version contains gelatine, so it is not suitable for vegetarians or vegans. CandyKing's is set with starch instead.
- **Wheat.** CandyKing's contains wheat starch, so it is not suitable for anyone who must avoid wheat: see [wheat in sweets](#)
- **Shared scoops.** CandyKing itself warns that the scoops at a pick and mix counter are used in different boxes, so allergens can move between them: see [pick and mix and allergies](#)

In our pick and mix

We sell [SW017](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the sour cherries we actually stock.

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