

# Peppermint Bark Recipe

Holiday History with Raleigh Historic Sites



## Peppermint Candy History

**Did you know that peppermint candies used to be used as medicine?**

For hundreds of years, peppermint was used to treat stomach issues and in the 1780s, Altoids mints were created in London to make it even more convenient for people to get peppermint. Peppermint could also be added to other medicines to help cover up any bad taste they might have had. For a long time, pharmacists would have been the ones making candies or lozenges for many different reasons, but as time went on, candy-making became a business of its own. It was also done at home, with recipes appearing as early as the 1840s in cookbooks.

Candy canes had been around for quite a while as a tradition, but originally they were completely white! Stick candies sometimes had stripes in different colors and flavors, but it wasn't until the early 1900s that the classic red and white striped peppermint candy canes became the most popular and even started appearing in holiday cards!



***Try to make your own peppermint candy with the peppermint bark recipe on the next page!***

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## Ingredients and Supplies

- 12 ounces semisweet chocolate chips or baking pieces
- 1/2 teaspoons peppermint extract (optional)
- 12 ounces white chocolate chips or baking pieces
- 5-8 candy canes
- Microwavable bowls
- Baking sheet
- Parchment paper



## Directions

1. Line a baking sheet with parchment paper.
2. Place the semi-sweet chocolate chips or baking pieces in a large microwave-safe bowl and microwave on low in increments of 30 seconds. Stir the chocolate in between each increment. Optional: add a little peppermint extract for extra peppermint taste!
3. Pour the melted chocolate onto the baking sheet with parchment paper. Set in the refrigerator for 20 minutes or until the chocolate has set.
4. While the semi-chocolate is setting, place the white chocolate chips or baking pieces into a large microwave-safe bowl and microwave on low in increments of 30 seconds. Stir the chocolate in between each increment.
5. Take out the pan with the semi-sweet chocolate and pour the white chocolate on top. Break apart the candy canes and sprinkle them on top of the chocolate! Let set again for 10-20 minutes in the refrigerator. Cut into squares and enjoy your holiday treat!

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