



SALTED CARAMEL

INGREDIENTS

- 150 grams thickened cream
- 2 teaspoons vanilla bean paste
- 20 grams glucose syrup
- 8 grams sea salt flakes
- 350 grams castor sugar
- 200 grams unsalted butter

Kitchen Tool Kit

- 1 x small saucepan
- 1 x medium saucepan
- Large bowl
- Wire sieve
- Heat resistant spatula
- Wooden spoon
- Wire whisk

PREP TIME: 15 MINS

COOK TIME: 15 MINS

TOTAL TIME: 30 MINS

METHOD

- 1.** Combine the thickened cream, glucose and vanilla in a small saucepan, bring to a rapid boil then set aside. Cover with a lid or cling film to maintain the heat.
- 2.** Place 1/3rd of the castor sugar into the medium saucepan and heat gently over a medium burner until the sugar begins to turn translucent. With a wooden spoon move the sugar slowly to promote even heating allowing the sugar to caramelize. Try not to agitate the sugar too much as this can cause re-crystallisation, Drag the melting sugar slowly in and around the pan to promote even melting. Don't be afraid of taking the caramel to a golden amber colour as the sweetness of the macaron shell will counter balance the caramel.
- 3.** When tiny air bubbles appear on the surface of the caramel add an additional 1/3rd and stir in gently to combine. As above, allow the sugar to melt and watch for tiny bubbles to appear again before adding the final third of sugar.
- 4.** Once all of the sugar is caramelised and tiny bubbles appear on the surface of the caramel, turn the heat right down and add the heated cream gradually. Be aware that the caramel will bubble quite rapidly, wait for the bubbles to subside a little before continuing to stir the caramel mixture. Once all the cream has been incorporated remove caramel from heat.
- 5.** Pass the caramel through a sieve into a clean bowl to remove any sugar clumps. Add the salt and begin adding the butter a few cubes at a time to slowly reduce the temperature of the caramel. Continue adding butter and whisking until everything is added and incorporated. Pour caramel into a shallow dish and refrigerate until chilled, approximately 3-4 hours or overnight.