



Decadent Caramels

NIBBLEDISH CONTRIBUTOR

Ingredients

2 cups white sugar
1 cup brown sugar
1 cup corn light syrup
2 cups butter
1 cup evaporated milk
1 pint heavy whipping cream
2 pinches fleur de sel
1/2 cup walnuts (optional)

Instructions

Ok, I realize that this recipe is not my usual healthy style, but I had to make some rich caramels for Christmas.

These caramels are really easy, but they take a little while, so be prepared.

Line a 9x13 baking sheet with lightly greased parchment paper. Set aside.

Lightly grease a large pot with butter. Add all ingredients and mix together. Then, bring to medium heat. Let the mixture boil for about 40 minutes (or until a candy thermometer reaches 248 F or solid balls form when dropped into cold water). DO NOT stir the mixture as it boils. Instead, swirl the pan to mix.

Once the caramel reaches the desired temperature, pour into the baking dish. Let the dish cool, and place into the fridge over night. Then, cut caramel into bite size pieces and wrap in parchment paper. Enjoy and share with loved ones!
