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## fleur de sel caramels

from Elle A Cooking @ Home

prep time: 5 min  
cook time: 25 min  
ready in: 2 hr 30 min

servings: about 4 dozen candies

### ingredients:

- 1 1/4 cups sugar
- 3 tablespoons glucose
- 3/4 cup cream
- 1/4 cup milk
- 1 vanilla bean
- 5 tablespoons unsalted butter, cut into 1/2-inch pieces
- 1/2 cup hazelnuts, toasted and coarsely chopped
- "fleur de sel" sea salt

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### directions:

Line the bottom and sides of an 8 x 8-inch square brownie pan with two overlapping strips of parchment paper. Lightly grease the parchment paper with cooking spray.

In a large saucepan, combine the sugar and glucose and stir with a heat-resistant spatula over medium-high heat just until combined. Bring the mixture to a boil, uncovered, without stirring, but gently swirling the saucepan occasionally, until the mixture turns into a rich caramel, about 10 minutes.

Meanwhile, split the vanilla bean in half, lengthwise and scrape out the pulp using a paring knife. Place the cream, milk, vanilla bean and its pulp in a small saucepan. Bring to a simmer over medium low heat. Remove from the heat, set aside, and keep warm.

Once the caramel reaches the right color, remove from the heat and very carefully pour in the warmed cream mixture. (Be extra careful as the mixture will bubble and steam vigorously.) Stir with a heat-resistant spatula or whisk to combine. Discard the vanilla bean and stir in the butter pieces with a pinch of fleur de sel.

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Return to the heat and continue to cook over medium heat, stirring frequently until the caramel registers 245°F on a candy thermometer, about 10-13 more minutes. (For softer caramels, cook to 242°F; for harder caramels, cook to 248°F.) Remove from the heat and quickly stir in the chopped, toasted hazelnuts. Immediately pour the caramel into the prepared baking dish at once. Do not scrape the bottom or sides of the saucepan.

(To wash the saucepan, soak it in warm water to dissolve any excess caramel.)

Let the caramel sit for 10 minutes, then lightly sprinkle with a pinch or two of fleur de sel. Allow to cool completely, about 2 hours, before cutting into 1-inch square pieces. Enjoy now or store in an airtight container for up to two weeks.