

Caramelo - (Cuban Caramel)

Desserts

RATING	SERVINGS	DIFFICULTY
★★★★★	1 1/2 Cups	Easy
PREP TIME	**COOK TIME**	**TOTAL TIME**
5 mins	30 mins	35 mins

Ingredients

3 cups of water
3 cups sugar

Directions

In a saucepan, mix the sugar and water and bring to a boil over medium-high heat, stirring constantly.

Cook and continue stirring until the sugar has completely dissolved.

The texture should be smooth and free of lumps, and thick enough to coat a wooden spoon.

Cook a little longer, until the syrup takes on a honey color for light caramel and a dark-brown color for dark caramel.

The mixture will reach the caramel stage between 320 and 360º F.

Check the temperature with a candy thermometer.

Be extremely careful, as hot caramel can cause severe burns.

Notes

Caramel is used for many desserts, and when it cools and hardens is the base for many brittle.