

FUDGE

makes 24 squares

ingredients:

4 cups sugar

½ cup water

1 can full cream condensed milk

125g butter

30mls corn syrup

1 teaspoon vanilla extract

1 teaspoon vinegar

method:

put the sugar, water, condensed milk, butter and syrup into a large pot (this is to prevent it boiling over)

heat gently allowing the sugar to dissolve

raise to 115° Celsius and keep it boiling for about 30 minutes until it caramelizes and thickens

do not let the fudge get above 118° Celsius

watch the bubbles change and when they are big in the middle you are at the fudge stage

check this by dropping a small amount into water – it should form a soft ball

remove from the heat and stir in the vanilla and vinegar

beat the fudge with an electric beater on a low speed to avoid splash backs which can result in bad burns (use lavender essential oil on a burn straight away to prevent blisters)

do this until the colour lightens and it has thickened and it has started crystallizing against the side of the pot

pour into a lined rectangular dish and cool until firm enough to cut into squares (about 20 minutes)

allow to stand for 1 hour before removing from the dish

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