

Chocolate Caramel



Chocolate Caramel Recipe

Yields 64 bonbons / 10 grams each / 1x1 inch (2.5cm) square / 1/2 inch (1.25cm) thick.

These make some of the best gifts ever, whether the event is Christmas, a birthday, or a thank you for a favor. Making caramel requires your undivided attention; once you begin you should never walk away. Prepare all of your tools and equipment in advance, including cake pan lined with oiled parchment and tools you'll need. Better keep children out while dealing with hot caramel.

Recipe

0.8 cup (200ml) heavy cream

1 ea. vanilla bean, scrap out seeds and save pod or 1/2 tsp (2.5ml) vanilla extract

2 Tbsp (30ml) corn syrup or glucose (double the amount of honey is not using corn syrup)

2 Tbsp (30ml) honey

10 ounces (300g) powdered sugar or granulated (powdered sugar is more pure)

4.5 ounces (130g) dark chocolate with the highest cocoa content, from 85 to 100%

4.5 ounces (130g) European style salted butter (highest quality available)

A few drop red food coloring (optional).

Method

Heat up heavy cream with vanilla seeds and pod, corn syrup and honey. Cover and let them infuse. Cube butter and chop chocolate thinly and set aside. Line a 8x8 inch (20cm) cake pan or similar. For the caramel a sec (without water), cook one-third of sugar in a heavy-bottomed saucepan on medium high heat. When it begins to melt, stir with a spatula or a whisk every so often until it turns into amber color. Repeat this step with remaining sugar and continue cooking until the caramel turns into deep amber color and shows no more lumps, reduce the heat – The candy thermometer should now read 345°F (175°C) and begin smoking; you don't want to wait too much longer or it will get bitter. Turn off the burner. Pass the hot vanilla infused heavy cream through a sieve to deglaze the caramel. Press down the vanilla bean with a spatula to extract as much flavor as possible. Turn the heat back on, spread over chocolate and cook until thermometer reads 250°F (120°C). Turn off the heat and add the cubed butter and red food coloring if desired. Stir up mixture until completely smooth.

Pour the chocolate caramel out into the oiled parchment lined pan and thump it against the counter a few times to get the air bubbles out. Then, allow it to sit, undisturbed for at least 2 hours (overnight is best). When the caramels have set, cover top with wax paper in contact and lift them out of the pan by the parchment paper flaps and flip onto a cutting board. Remove parchments. With a very sharp knife, cut the chocolate caramel block in half, then each half in 4 strips. Divide the 8 strips into 8 candies (8x8=64) leaving space between each piece otherwise caramels will reconnect from each other. Chocolate caramels can be topped with toasted nuts such as pistachio, hazelnut, walnut, pecan, almond etc.. Cut squares of wax paper a little longer than your caramels; 3.5x3.5 inch (9x9cm). Wrap each caramel in wax paper and twist the ends closed. Chocolate caramels will keep at room temperature for about two weeks but they wont last that long with children around!..

