

# Salt and Serenity

## Dark Salty Caramels

Recipe from Altonbrown.com, December 9, 2014.

Makes 64 1-inch square candies.

Do not attempt to make these without a candy thermometer and a very heavy bottom 4-6 quart saucepan. A light coloured interior saucepan is helpful but not essential. You will also need a scale to weigh the sugar.

14 1/2 ounces sugar

1/2 cup water

1/2 cup light corn syrup

1/4 teaspoon cream of tartar

1 cup heavy cream, at room temperature

2 teaspoons soy sauce

8 tablespoons unsalted butter, cut into pieces at room temperature

1 teaspoon coarse sea salt

1. Candy thermometers are not always accurate. Test the accuracy of your candy thermometer: Fill 4-quart saucepan almost to the top with cold water. Clip candy thermometer to the side of the pan, making sure the bottom of thermometer does not touch the bottom of the pan. Bring water to a boil. Boiling water is 212°F. Make a note of any difference in temperature on your thermometer and adjust the reading you will need for making caramel.
2. Line the bottom and sides of an 8-inch square pan with parchment paper.
3. Combine the sugar, water, corn syrup and cream of tartar in a heavy 4-quart saucepan and place over high heat. Stir occasionally until the sugar has dissolved. Cover and continue to cook for 5 minutes.
4. Meanwhile, combine the cream and soy sauce in a liquid measuring cup. Have this and the butter standing by.
5. Remove the lid from the sugar mixture and attach a candy thermometer to the side of the pan. When the sugar mixture reaches 230°F, reduce the heat to medium and cook, without stirring, for 6 to 7 minutes, until the syrup is golden and is approaching 300°F. At this point there is less likelihood of crystallization, so gently swirl the pan to help break up any hot pockets.

6. When the temperature reaches 350°F, the syrup will become deep amber. Remove the pan from the heat, gently swirl again to break up hot pockets, and cool for 2 minutes.
7. Carefully pour in the cream mixture and add the butter. Stir to combine. Return the caramel to medium heat, stir until the butter is completely melted, and continue cooking until the mixture reaches 255°F. Remove from the heat and pour into the parchment-lined pan; tap the pan gently on the counter to release air bubbles.
8. Cool on a cooking rack for 30 minutes, and then sprinkle evenly with the salt. Continue cooling on the rack for an additional 3 1/2 hours. Cut into 1-inch pieces and wrap individually in parchment. Store in an airtight container for up to 1 week.