



# Just Recipes.

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## Vanilla Caramels with Fleur de Sel

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### Ingredients

*Makes 64 caramels*

1 cup [250 ml]	heavy cream
5 tbsp [75 ml]	unsalted butter
½ tsp [2.5 ml]	vanilla extract
1	vanilla bean pod, split lengthwise and scraped
1¼ tsp [6.25 ml]	fleur de sel, plus more for sprinkling
1½ cups [375 ml]	sugar
¼ cup [60 ml]	light corn syrup
¼ cup [60 ml]	water



### Method

Line the bottom and sides of an 8-inch [20-cm] square baking dish with parchment paper. Lightly butter the parchment.

In a small saucepan, combine the cream, butter, vanilla extract, vanilla bean seeds, pods, and fleur de sel. Heat over medium-high heat and bring to a boil. Remove from the heat and set aside.

In a medium saucepan, combine the sugar, corn syrup, and water. Heat over medium-high heat, stirring occasionally until the sugar is dissolved. Boil, without stirring but gently swirling the pan occasionally, until the mixture is a light golden caramel color.

Remove the vanilla bean pods from the cream mixture and carefully stir the cream mixture into the caramel – the mixture will bubble up, so pour slowly and stir constantly. Continue simmering the mixture until it registers 248°F [120°C] on a candy thermometer. Immediately remove from the heat and pour into the prepared pan. Let cool for 30 minutes, then sprinkle lightly with additional fleur de sel. Continue to let sit until completely set and cooled.

Cut into 1-inch pieces (a buttered pizza cutter is the best tool for this task). Wrap the individual caramels in small pieces of wax paper, about 4-inch squares. Keep the caramels in the fridge, but take them out a little while before eating to soften them up. You can also keep them at room temperature, but be advised that they keep a little soft that way.

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Recipe Credit: My Baking Addiction

Photo Credit: Marie Asselin

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