

Salted Chocolate & Honey Caramels



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Makes 40 caramels

Prep time: 20min

Cook time: 15min

Total time: 35min

Difficulty: Intermediate

Category: Petit fours & candies

For this recipe it's best to use candy thermometer. To reach the right consistency and texture, caramel and chocolate mixture should reach the temperature of 120°C. The recipe was adapted from Ebba's cuisine.

Ingredients

200ml heavy cream

250g sugar

100g honey

10g butter

200g dark chocolate (70% cocoa)

1 teaspoon fleur de sel (or coarse sea salt)

Directions

Combine sugar and cream in a saucepan and put it on medium heat. Once it starts to bubble cook for 5 minutes. Add chocolate, butter and honey and continue to cook on medium heat stirring continuously for 10 minutes or until it reaches 120° C on candy thermometer (firm-ball stage).

Transfer the chocolate mixture to a 20x20cm shallow dish lined with parchment paper. Sprinkle with salt and refrigerate for 20-30 minutes or until firm. Cut the caramels into small pieces. If your knife sticks to the caramels, brush it lightly with neutral oil. That will prevent sticking.