

Beer-Orange Caramel Sauce

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Preparation Time: 35 minutes

Start to Finish Time: 35 minutes

1 bottle (12 oz) beer

4 cardamom pods

zest of 1/2 orange, in large strips

2 tablespoons unsalted butter

1 1/2 cups packed dark brown sugar

1 cup heavy cream

1 teaspoon vanilla extract

pinch sea salt

Bring the beer, cardamom and orange zest to a gentle boil in a saucepan over medium heat. Cook, stirring, until reduced to one cup, about 10 minutes.

Add the butter and brown sugar and cook, stirring only if the mixture looks like it might boil over, until thick and syrupy, about 10 to 12 minutes. To test for doneness, drop a bit of caramel into a bowl of cold water. It should form a soft ball; if it does not, continue cooking.

Slowly stir in the cream and cook until the sauce thickens, about 5 minutes.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 2423 Calories; 111g Fat (41.8% calories from fat); 6g Protein; 342g Carbohydrate; 1g Dietary Fiber; 388mg Cholesterol; 239mg Sodium. Exchanges: 1/2 Non-Fat Milk; 22 Fat; 21 1/2 Other Carbohydrates.