

Caramel Sauce

Jean Bitting

The Church of St. Michael and St. George - St. Louis, MO - 1985

Yield: 1 1/2 cups

*1 cup sugar
1/4 cup water
8 tablespoons unsalted
butter, softened
1/2 cup heavy cream
2 teaspoons vanilla
pinch salt*

In a small heavy-bottomed saucepan, place the sugar. Slowly pour the water evenly over the top. Set the saucepan over high heat. Bring the syrup to a boil, stirring occasionally. Boil undisturbed for several minutes or until the sauce begins to darken or caramelize around the edges. Grasping the pan by the handle, gently swirl the syrup in the pan. Continue to cook until it turns a deep amber color and starts to smoke. Remove the pan from the heat and immediately add the softened butter. Gently beat the sauce with a large spoon until the butter is incorporated, then stir in the cream.

If the caramel becomes lumpy, set the pan over a low flame and stir the sauce until it is completely smooth. Off heat, stir in the vanilla and add a pinch or two of salt.

Refrigerated in a tightly covered container, the sauce will keep for several months. Reheat over hot water or a very gentle flame, add a little bit of cream or water if the sauce seems too thick.

Per Serving (excluding unknown items): 2022 Calories; 136g Fat (59.4% calories from fat); 3g Protein; 206g Carbohydrate; 0g Dietary Fiber; 411mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Non-Fat Milk; 27 Fat; 13 1/2 Other Carbohydrates.