

Orange Blossom Cream Caramels with Sea Salt

a recipe from www.maureenabood.com

This recipe is adapted only slightly from Miette. I've added the orange blossom water and switched light brown sugar for dark. Based on my repeated experience with the caramel, I advise taking it off the heat before the temperature reaches the optimum 246°F, to avoid the temperature rising too high (it keeps cooking even after it comes off the heat) and making for caramel that's too hard. What I love about the Miette method is the low risk of burning sugar, a typical caramel-making problem, since the recipe does not caramelize dry sugar but rather the whole mixture of ingredients over a low temperature. To wrap the finished cut caramels, cut 6"x6" squares of waxed paper or purchase pre-cut wraps, but do wrap, or the caramels will stick together and whatever they are sitting on.

Makes sixty-four 1-inch square caramels

1 1/2 cups heavy cream
1 ¼ cup whole milk
2 cups (14 ounces) granulated sugar
1 ¼ cups (8 ounces) dark brown sugar
1 teaspoon kosher salt
2 tablespoons unsalted butter
1/2 cup light corn syrup
3 tablespoons water
1 teaspoon orange blossom water
Sea salt for sprinkling

Make a parchment sling for an 8-inch square baking dish by measuring two sheets of parchment so that it will sit, when tucked in, about 2 inches above the pan sides. This will assist in removing the caramel from the pan. Butter the bottom and sides of the dish, then line with the parchment sheets (one sheet one direction, the other sheet the opposite).

In a large, 6-quart heavy saucepan (no smaller; the caramel will bubble up quite a bit) fitted with a candy thermometer, combine the cream, milk, granulated and brown sugars, salt, butter, corn syrup, water, and orange blossom water. Place over medium-low heat and cook, whisking constantly, until the mixture reaches 243°F, about 40 minutes. Resist the urge to turn up the heat, as this can burn the sugar mixture by heating it too quickly or take the temperature too high after the pot is removed from the heat.

Remove the saucepan from the stove immediately and very carefully (hot caramel burns badly) pour the hot caramel into the buttered pan, scraping out any caramel clinging to the sides of the pan. Let the caramel cool for 15 minutes. Sprinkle with sea salt, then let the caramel cool completely to room temperature. Chill in the refrigerator for about 1 hour to help the caramel set up and make the cutting process easier.

Lift the caramel out of the pan using the parchment paper edges. If it resists, warm the bottom of the pan briefly over a stove burner. Place the caramel and the clinging parchment paper on a cutting board. Measure 1-inch intervals along the sides. Using a very sharp, large chef's knife, cut the caramel into 1-inch squares (or larger if you like). Peel the caramel from the parchment. Wrap each caramel in a square of waxed paper twist both ends. Store the caramels in an airtight container for up to 10 days.