

Recipe No. 31/2014

## Dulce de Leche

A thick caramel base used for desserts, cakes and flavourings in many different countries, one being our famous Peppermint Crisp tart, recipe featured in the South African Odyssey book. We also used the dulce de leche in our recipe No 28/2014.

Makes: approximately 300ml

Total Preparation time: 45 minutes

### Ingredients

1 000ml full cream milk  
220g sugar  
100g cream  
½ tsp bicarbonate soda



### Method

1. Place all ingredients into TM bowl. With MC off, cook **45 min/Varoma/speed 5**.
2. Should the mixture splatter while cooking, place the simmering basket on top of the TM lid to allow evaporation but contain the mixture.
3. Mixture will still be fairly runny. Pour into a sterilised jar and once cooled to room temperature, place in refrigerator overnight to thicken.

### Serving suggestions

- Stir salt crystal into caramel and use as a filling for macarons.
- Use as a filling with whipped cream for a plain sponge cake.
- Use as directed in any recipe indicating caramel as an ingredient.
- Add a "dollop" into a mug of hot milk for a decadent hot milk drink.
- Flavour milkshakes.

Recipe adapted from an internet recipe.



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