

Dulce De Leche

Adapted from the Smitten Kitchen

Yield - about 1 cup

Ingredients:

1 teaspoon vanilla extract
1 quart whole milk
1 cup granulated sugar
1/4 teaspoon salt
1/4 teaspoon baking soda,
dissolved in 2 teaspoons water

Tools Needed

1 Medium Pot
Wooden Spoon
Measuring Cups and
Spoons
Strainer

Preparation:

1. Heat milk, sugar, vanilla and salt in a medium-sized sauce pan.
2. Bring mixture to a simmer, stirring occasionally. Remove the pot from the heat and slowly stir in the baking soda-water mixture (this helps the dairy to not curdle)
3. Return dairy mixture to the stove and cook at a brisk simmer. Let cook, checking in every 15 minutes to stir and monitor color. Continue for an hour.
4. When the mixture begins to take on a caramel color and starts to thicken, stir continually until the mixture becomes a rich, deep copper.
5. Remove pot from heat and pour caramelized milk through a mesh strainer: this might be tricky, so use the back of a spoon or a bowl scraper to push the caramel through.