

Easy Caramel Sauce

Once you learn the technique, this is an easy last minute dessert you can make in a Flash. I usually have the ingredients on hand myself. You can serve it with anything you have on hand - fruit, cookies, cake. The important part is to combine your sugar and water in a pot on low heat and DO NOT STIR. Once the sugar is dissolved, increase heat to medium and watch the process of caramelizing the sugar carefully, so you get it off the heat at the precise moment it gets to that deep golden color. Then all at once add in your cream and stir. It's like magic!

½ cup sugar
2 Tbs water

½ cup heavy (whipping) cream

- 1 In a heavy medium saucepan, combine the sugar and water over medium heat and cook until the sugar dissolves. Do not stir or the mixture. Swirl the pan occasionally to mix the ingredients. Continue to cook over medium heat until the sugar begins to caramelize and the syrup turns brown in color.
- 2 Remove pan from the heat and pour in the cream all at once while whisking to incorporate the ingredients. Set aside the pan and let cool. The syrup will thicken as it cools.

Servings: 6

Preparation Time: 15 minutes

Inactive Time: 15 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 133 calories, 65 calories from fat, 7.3g total fat, 27.2mg cholesterol, 7.7mg sodium, 15.3mg potassium, 17.2g carbohydrates, 0g fiber, 16.7g sugar, <1g protein.

Recipe Type: Dessert

Source

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