

# Caramel Fudge

3 cups castor sugar

½ cup milk

1 tin condensed milk

60 grams butter unsalted

1 tablespoon golden syrup

## HINTS:

- Use a good brand of sugar
- Line tins with baking paper
- Brush down sides of pan, remove any sugar crystal while bringing to the boil
- A candy thermometer helps to take away the guesswork **BUT always check by doing a cold water test**
- A heavy base saucepan reduces the risk of burning
- Use butter **NOT margarine**
- To roll fudge, smooth using baking paper and a straight glass
- A fine day is best to make sweets

## **Prepare a sink of cold water**

Put all ingredients in a saucepan over low heat stirring until all the sugar has dissolved. Bring slowly to the boil and slowly boil for about 30 minutes **or until soft to medium ball stage, 122c deg (a soft to medium ball can be formed by putting a teaspoon of mixture in a cup of cold water)** stirring often. Remove from heat and cool by placing saucepan in a sink of cold water for about 2 minutes, start beating immediately for a short time and pour into a lined 26 x 18cm tray, smooth over top using a sheet of baking paper with a glass to level. Cut into squares, break into pieces when cold and store.

Can also double mixture, it works well, need an extra-large tray.

# Caramel Hazelnut Fudge

## Ingredients

395g can sweetened condensed milk  
1 cup firmly packed brown sugar  
125g butter, chopped  
2 tablespoons glucose syrup (see note)  
2 tablespoons golden syrup  
180g white chocolate, chopped  
120g dry-roasted hazelnuts, roughly chopped

## Method

### Step 1

Grease a 4cm-deep, 19cm (base) square cake pan. Line base and sides with baking paper, allowing a 3cm overhang on all sides.

### Step 2

Place milk, sugar, butter, glucose syrup and golden syrup in a heavy-based saucepan over medium-low heat. Cook, stirring occasionally, for 3 minutes or until combined. Increase heat to medium. Cook, stirring, for 10 to 12 minutes or until thick and glossy. Add chocolate. Cook, stirring, until melted.

### Step 3

Working quickly, spread mixture into prepared pan. Level top with a spatula. Stand for 1 minute. Press hazelnuts into top. Set aside for 20 minutes to cool. Refrigerate overnight or until set. Lift from pan. Using a warm knife, cut into small squares.

**Storage tip:** Store in an airtight container in the fridge, between layers of baking paper, for up to 1 week.

# Cacao Bliss Balls (Vegan/Gluten Free Option)

## Ingredients

12 Medjool Dates

1 cup Almond meal' 1/2 cup shredded coconut (plus 1/3 cup extra for rolling)

1/3 cup coconut oil

1/3 cup cacao powder

1 Tablespoon chia seeds

## Method

1. Place dates in a medium bowl and cover with water. Stand for 1 hour. Drain and discard seeds.
2. Process dates, almond meal, shredded coconut, coconut oil, cacao powder and chia seeds until mixture comes together. Transfer to a bowl and stand for 20 minutes for chia seeds to soften.
3. Place remaining coconut in a shallow dish.
4. Roll mixture into balls. Roll in coconut to coat.
5. Keep in refrigerator

# Chocolate fudge

## Ingredients

395g can sweetened condensed milk  
1 cup firmly-packed brown sugar  
100g unsalted butter, cubed  
2 tablespoons glucose syrup (see note)  
200g good-quality dark chocolate, chopped

## Method

### Step 1

Grease a 4.5cm-deep, 7.5cm x 25cm (base) cake pan. Line with baking paper, allowing a 2cm overhang along both long ends. Place condensed milk, sugar, butter and glucose syrup in a heavy-based saucepan over low heat. Cook, stirring constantly, for 8 minutes or until sugar has dissolved and mixture is smooth.

### Step 2

Increase heat to medium-low. Cook, stirring often, for 10 minutes or until mixture is thick and caramel-coloured. Remove from heat. Add chocolate. Stir to combine. Spoon mixture into prepared pan. Set aside for 15 minutes. Cover and refrigerate for 3 to 4 hours or until set.

### Step 3

Remove fudge from pan. Discard baking paper. Place fudge on a board. Cut into squares.

# Rocky Road

## Ingredients

200g good-quality milk chocolate

75g good quality dark chocolate

25g unsalted butter

50g mixed mini pink & white marshmallows (or cut large ones into small pieces with scissors)

50g shortbread biscuits (chopped into bite-sized pieces)

100g macadamia nuts

## Method

1. Line a 3cm-deep, 8 x 25cm bar pan with plastic wrap. Place the milk and dark chocolates with the butter in a heatproof bowl over a pan of simmering water (don't let the bowl touch the water), then stir until melted. Stir marshmallows into chocolate with remaining ingredients.
2. Spread into pan, chill in fridge for 2 hours or until hard. Slice in the pan.