

HONEY CARAMEL APPLES

INGREDIENTS

8 small apples
1 c honey
1 c cream
1/2 tspn sea salt
optional - 1/2 tspn vanilla
optional - favorite toppings like
sprinkles, nuts, chocolate chips,
etc.

DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Push a stick in through the stem of each apple.
3. In a thick bottom pot, heat the cream and salt until tiny bubbles start forming -- just before a simmer.
4. Stir in honey and bring the mixture to a boil. (Be careful when caramel is cooking. Hot!!)
5. Reduce heat to prevent overflow, stirring occasionally with a wooden spoon for about 45 minutes or until the mixture reaches 255F degrees. Note: the temperature will stay low for about 35 minutes and then start to move up to 255 in the last few minutes.
6. If you don't use a thermometer, watch carefully. The mixture will turn a deep amber color and pull away from the sides. You don't want it too runny, but you also don't want to overcook the caramel because it will be too hard to bite into. You can also test caramel on an apple slice. Again, caramel is extremely HOT. Also, be careful, they are super addicting!!
7. Remove from heat and add vanilla (optional).
8. Stir until caramel thickens.
9. Tilt the pot so caramel pools on one side. Dip and twirl each apple until it is coated.
10. Add your favorite toppings like sprinkles, nuts, etc. (optional)
10. Place apple on parchment paper and allow caramel to set.

TIPS

1. Scrub apples of the wax coating on the skin to make sure caramel sticks.
2. Stick apples in refrigerator for at least thirty minutes. The caramel will stick better to cold apples rather than warm.
3. After dipping your apples in caramel, tip upside down for a few seconds to lessen "puddling" at the base.
4. Be careful as you are making / handling homemade candy, it is EXTREMELY HOT!!! Also, a candy thermometer is highly recommended if you're making caramel for the first time. Because the key to this recipe is reaching 255F - you can find them at the grocery store