



Seven Minute Microwave Caramels



INGREDIENTS

- ½ cup butter (1 stick), melted
- ½ cup granulated sugar
- ½ cup light brown sugar, packed
- ½ cup corn syrup (light in color)
- ½ cup sweetened condensed milk
- 1 to 1½ teaspoons vanilla extract
- coarse sea salt and/or melted chocolate for dipping, optional.

INSTRUCTIONS

- Have everything in place including a large oven mitt because the bowl will be very hot, make sure your bowl is truly microwave-safe because it will get very hot.
- Clear out a space in your refrigerator in advance for placing the hot pan to cool.
- Do not use lite or reduced fat ingredients; use real butter, corn syrup, and sweetened condensed milk.
- Line an 8-by-8-inch pan with aluminum foil, spray with cooking spray; set aside.
- In a very large microwave-safe bowl melt the butter, about 90 seconds on high power.
- To the melted butter, add the granulated sugar, light brown sugar, corn syrup, sweetened condensed milk, and stir until smooth.
- Place bowl in the microwave and heat on high power for 3½ minutes.
- Using a hot pad, remove bowl from the microwave, scrape down the sides incredibly well, and stir.
- Return bowl to microwave and heat on high power for 3½ minutes. (Watch your mixture the whole time so you could power off the microwave immediately if necessary).
- Using a hot pad, remove the bowl from the microwave, and very carefully add the vanilla extract, standing at arm's length (the mixture will still be boiling and when you add it, it will bubble up even more).
- Use extreme caution and stir to incorporate the vanilla. The mixture will continue to bubble quite rapidly.
- Pour the bubbling mixture into the prepared pan, cover it with another sheet of aluminum foil, and place it in the refrigerator to firm up for at least four hours, or overnight, before slicing caramels.
- Lift the caramels out using the foil overhang and flip them over onto a piece of parchment that's waiting on a cutting board.
- Slice them into 1-inch squares with a sharp knife, spray knife or scraper with cooking spray if it's sticking to the caramels and repeat as necessary until finished slicing.
- Store caramels by wrapping them individually in parchment paper or by placing them side-by-side without touching on top of large pieces of parchment paper inside a large plastic airtight container.
- Optional, sprinkle caramels with coarse sea salt, dip them in chocolate, sandwich a layer of peanut butter or marshmallow fluff in between two of them and dip the stack in chocolate.