



# Maple-Honey Caramels

*makes about 100 caramels*

- 2 teaspoons vanilla
- 1 stick (4 ozs) unsalted organic butter, cut into 8 pieces
- 1/2 teaspoon fine sea salt
- 1 cup (packed) light muscovado sugar
- 1 cup raw wildflower honey
- 2 cups grade B maple syrup
- 2 1/2 cups organic heavy cream
- 1 cup chopped, toasted black walnuts
- flaky sea salt for sprinkling (Maldon is great)

Spray an 8 x 10-inch baking pan with vegetable-oil spray. Set aside in a spot where it will not be moved. Pour cream into a small saucepan and set aside.

In a large pot, combine maple syrup, 1/4 cup water, honey, sugar and salt. Clip on candy thermometer. Over high heat, cook until well combined, stirring with a wooden spoon, 8-12 minutes. Brush down sides of pan with a pastry brush dipped in water as needed.

Stop stirring, reduce heat to medium, and bring to a boil. Cook, without stirring, until temperature reaches 250° (hard-ball stage), about 45-60 minutes. Meanwhile, gently heat cream until just warm. Do not boil. When sugar mixture reaches 250°, slowly stir in butter and warmed cream, keeping mixture boiling at all times. Stirring constantly, cook over medium heat until thermometer reaches 244° (firm-ball stage), about 55-75 minutes.

Stir in vanilla. Immediately pour into prepared pan without scraping pot. After it cools slightly, sprinkle with salt and walnuts, lightly pressing to embed. Let stand uncovered at room temperature for 24 hours without moving.

To cut, unmold caramel from pan onto a large cutting board. Use a sharp, sturdy knife to cut into 1"-by-1 1/4" pieces, or other any size you desire. Wrap each in waxed paper.