



# Cajeta (Goat's Milk Caramel)

*makes about 1 cup*

- 4 cups fresh goat's milk (or best quality cow's milk)
- 1 cup organic cane sugar
- 1 tablespoon light corn or organic tapioca syrup, optional
- 1/4 teaspoon sea salt
- 1 vanilla bean, split lengthwise; or 1 tablespoon vanilla extract or 3 tablespoons brandy
- 1/4 teaspoon baking soda, dissolved in 1 tablespoon cold water

Combine the milk, sugar, corn syrup, and salt in a medium, tall, heavy-duty pot. Scrape the vanilla bean into the pot and add the pod (if using vanilla extract or brandy, don't add yet). Bring to a boil over medium heat, stirring occasionally so it doesn't stick to the bottom. Remove from the heat, add the baking soda, and stir carefully as it will bubble and steam up. When the bubbling has stopped, return it to the heat.

Adjust the heat so the mixture is at a constant simmer, stirring often so it doesn't stick to the bottom of the pan. Once it has turned a golden color, pay more attention and stir more often. Cook until it is thick and a dark caramel color, about 1 hour. (It will get thicker and stickier as it cools.) Remove from heat. If using vanilla extract or brandy, add it now, being careful not to burn yourself as the cajeta may steam a bit. Allow to cool before using. Remove the vanilla bean. (If you feel the caramel has thickened too much once it's cooled, simply stir in a bit of warm water.) Store in refrigerator; bring to room temperature and/or gently heat before using if it has become too stiff.

## CHEATERS' VERSION:

Although it can't compare to the traditional made from scratch, a quick and easy way

to make cajeta is with a can of condensed milk. Using a can opener, poke 3 holes in the top of the can, then place the can in a pot with simmering water for about 2 hours. (Make sure you do't forget to poke the holes as without them pressure will build up and the can may explode!) Open the can and add the vanilla or brandy. Pour out the cajeta and store in a jar.