



Historic Recipe: Chocolate caramel
From: *Original 1896 Boston Cooking School Cookbook*
By: Fannie Farmer

Ingredients:

- 2 ½ T Butter
- 2 c Molasses
- 1 c Brown Sugar
- 1/2c Sheep Milk (or other animal milk of choice)
- 3 squares of baking chocolate (1.5oz dark chocolate equivalent)
- 1tsp Vanilla

Instructions:

1. Melt the butter in a large sauce pan. Once melted add in the sugar molasses and sheep milk.
2. Cook over a medium heat until the sugar is fully melted.
3. Continue cooking the mixture until it comes to a boil, then add in your chocolate. Stir constantly so the chocolate doesn't burn on the bottom.
4. Keep boiling and stirring the mixture occasionally dropping a small spoonful into a bowl of ice water. Once you can mold the caramel into a firm bowl after it's cooled off in the water then its finished. (if using a candy thermometer cook until the temperature reads between 244-248 degrees.
5. Remove the cooked caramel from the heat and stir in the vanilla.
6. Pour the caramel into a well buttered 8x8 cake pan (or equivalent) and let cool thoroughly.
7. Cut into squares and serve.

