



Beer Pretzel Caramels

 Vegetarian

READY IN



480 min.

SERVINGS



75

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 grams sea salt
- 600 grams granulated sugar
- 700 grams cup heavy whipping cream (whipping)
- 150 grams pretzels crushed sifted
- 0.3 cup karo syrup whole (150 grams) (available at a natural foods store, like Foods)
- 10 grams sea salt fine
- 100 grams butter unsalted for greasing the baking sheet

Equipment

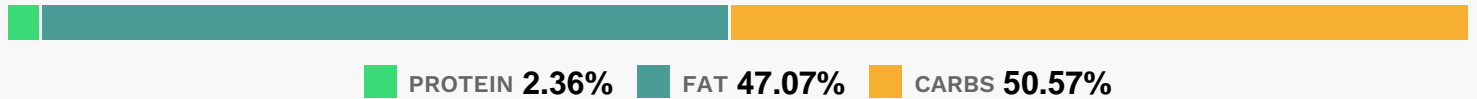
- baking sheet
- knife
- pot
- spatula
- cutting board
- candy thermometer
- oven mitt

Directions

- Grease the bottom and sides of the baking sheet with the 1 teaspoon butter, and set it aside on a heatproof surface.
- Combine the cream, sugar, malt syrup, fine sea salt, and the 7 tablespoons butter in a large (6- to 8-quart) stockpot. Stir a couple of times with the heatproof spatula just to make sure there aren't any big clumps of dry sugar, and then bring to a boil over high heat.
- Reduce the heat to medium and insert the candy thermometer. Cook, stirring occasionally, until the mixture reaches 252°F/122°C (hard ball stage), about 20 minutes. (Watch it closely: once it reaches 240°F/115°C (soft ball stage), after about 15 minutes, you'll want to stay nearby and stir it more frequently as it tends to scorch on the bottom of the pot.)
- Remove the pot from the heat.
- Stir in the Beer Reduction, then the pretzels and coarse sea salt.
- Mix thoroughly, scraping the bottom of the pot several times to incorporate everything.
- Put on your oven mitts and carefully (seriously—please be careful!) pour the caramel onto the prepared baking sheet.
- Spread it out with the spatula, distributing the pretzel pieces as evenly as possible. Allow it to cool until it's firm to the touch, 1 to 2 hours.
- Run the tip of a sharp chef's knife around the edges of the baking sheet to loosen the caramel. Turn it out onto the lined cutting board, cut it into 1- by 1½-inch pieces, and wrap them in the wax twisting papers.
- Store the caramels in an airtight container in the refrigerator for up to 3 weeks (let them come to room temperature before you eat them!).
- Beer Reduction: You'll need 6 12-ounce bottles of beer, preferably a strong dark ale.

- Pour the contents of 3 of the bottles into a large (6- to 8-quart) pot, and place it over high heat. Stir frequently to dissipate the carbonation and prevent the liquid from boiling over. Once the beer is at a rolling boil, slowly add another bottle and, stirring constantly, bring to a boil again. Repeat until all the beer is in the pot.
- Cook the beer over high heat, stirring constantly, until all the carbonation has dissipated and it's no longer in danger of boiling over, about 20 minutes.
- Reduce the heat to medium and continue to cook, stirring occasionally, until the volume of the liquid is dramatically reduced (to about 1/2 cup) and the reduction has the consistency of fakey pancake syrup as it cools).
- Remove from the heat and allow it to cool to room temperature.
- Store the reduction in an airtight container. It will keep in the fridge for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:2.04, Glycemic Load:6.86, Inflammation Score:-1, Nutrition Score:0.69260869499134%

Nutrients (% of daily need)

Calories: 83.74kcal (4.19%), Fat: 4.53g (6.98%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.89g (3.96%), Sugar: 9.2g (10.23%), Cholesterol: 13.41mg (4.47%), Sodium: 106.14mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin A: 170.52IU (3.41%), Vitamin B2: 0.03mg (1.54%), Vitamin D: 0.17µg (1.13%), Folate: 4.03µg (1.01%)