

STARTER & SNACK

Dark Salty Caramels

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
304 min	40 min	264 min	64	\$0.07	58 kcal



Dark Salty Caramels is a gluten free and lacto ovo vegetarian hor d'oeuvre. One portion of this dish contains about 0g of protein, 3g of fat, and a total of 58 calories. This recipe serves 64. For 7 cents per serving, this recipe covers 0% of your daily requirements of vitamins and minerals.

Ingredients

- | | |
|--|--|
| ☐ 1 teaspoon coarse sea salt | ☐ ½ cup light corn syrup |
| ☐ ¼ teaspoon cream of tartar | ☐ 1 cup heavy cream, room temperature |
| ☐ 2 teaspoons soy sauce | ☐ 14½ ounces sugar |
| ☐ 8 tablespoons unsalted butter, cut into 8 pieces, at room temperature | ☐ ½ cup water |

EQUIPMENT Frying pan, Sauce pan, Baking paper, Wire rack, Measuring cup, Candy thermometer

Method

- 1 Watch how to make this recipe.
- 2 Line the bottom and sides of an 8-inch square pan with parchment paper.
- 3 Combine the sugar, water, corn syrup, and cream of tartar in a heavy 4-quart saucepan and put over high heat. Stir occasionally until the sugar has dissolved. Cover and continue to cook for 5 minutes.
- 4 Meanwhile, combine the heavy cream and soy sauce in a liquid measuring cup. Have this and the butter standing by.
- 5 Remove the lid from the sugar mixture, and attach a candy thermometer to the side of the pan. When the sugar mixture reaches 230 degrees F, reduce the heat to medium and cook, without stirring, until the syrup is a golden color and is approaching 300 degrees F, about 6 to 7 minutes. At this point, there is less likelihood of any crystallization, so gently swirl the pan to break up any hot pockets.
- 6 When the temperature approaches 350 degrees F, it will turn deep amber.
- 7 Remove the pan from the heat, and gently swirl again to break up all of the hot pockets. Cool for 2 minutes.
- 8 Carefully incorporate the cream and soy mixture and the butter into the pan. Stir to combine. Return the caramel to medium heat, stir until the butter is completely melted, and continue cooking until it reaches 255 degrees F.
- 9 Remove from the heat and pour into the parchment-lined pan, tap gently to release air bubbles.
- 10 Cool on a cooling rack for 30 minutes, and then sprinkle evenly with the salt. Continue cooling on the rack for an additional 3 1/2 hours.
- 11 Cut into 1-inch pieces and wrap individually in parchment. Store in an airtight container for up to a week.

Nutrition per serving

58	0 g	3 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Sugar			8.6 g · 10% of daily needs
Sodium			49.8 mg · 2% of daily needs
Cholesterol			8 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/dark-salty-caramels-142784