

# Fudge



## Ingredients

- 397g Condensed milk (one large tin)
- 150ml Milk
- 450g Demerara sugar
- 115g Butter

## Preparation

- Line a 20cm square tin with parchment paper

## Method

1.

<https://www.youtube.com/embed/GzWnswXncv0>

2. Place the ingredients into a large non-stick saucepan and melt over a low heat, stirring until the sugar dissolves.



3. Bring to a steady boil for 10-15 minutes, stirring continuously and scraping the base of the pan to prevent it from catching.

The mixture should reach 113-115°C on a sugar thermometer if you have one. If you don't you can drop a little mixture into a bowl of ice cold water - if it forms a soft, round ball that doesn't stick to your fingers then it should be ready.



4. Remove the fudge from the heat and leave to cool for 5 minutes.  
If you want to add other ingredients and flavours - add them before you start beating the fudge. After cooling try mixing in nuts, natural flavourings or chocolate chip for added texture and flavour that will make your fudge utterly delicious.
5. Beat the mixture until it just loses its shine and becomes very thick (this should take about 5-10 minutes). The longer you beat once it starts to thicken then the more crumbly the final fudge will be. If you like it smooth - beat it only until it comes away from the sides of the pan and sticks well to the spoon.



6. Press into the prepared tin with the back of a spoon and leave to set before cutting into squares.

The fudge will keep for up to 2 weeks in an airtight container at room temperature.

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