

Old-Fashioned Caramel Apples

From Executive Chef Matt Chappell

Ingredients:

- 8 Granny Smith Apples, cold
- 1.75 C heavy cream
- 1 C light corn syrup
- 2 C light brown sugar
- 1/4 C unsalted butter, room temp
- .5 tsp kosher salt
- .5 tsp vanilla extract

Directions:

1. Wash the apples and dry completely. Insert an apple stick (I like using chopsticks) into the apples.
2. Line a sheet pan with wax paper or lightly oil to prevent caramel sticking.
3. Combine the cream, corn syrup, sugar, butter and salt into a heavy bottom sauce pan over medium heat.
4. Stir until the butter is melted. Once melted, brush down the sides of the pan with water.
5. Using a candy thermometer, cook the mixture until it reaches between 235 and 240 degrees F. Allow the caramel to slightly cool and thicken.
6. Holding the apple by the stick, dip the cool apple into the warm caramel. Tilt the pan as necessary to completely cover the apple. Swirl the apple and tap lightly on the side to remove excess caramel.
7. Place apple on pan and let caramel set for 45 minutes to 1 hour. Before they set, you could add toppings to the outside of the apple for decoration.



Serves: 8

Cost: \$1.11/apple

