



## Miso caramel

Recipe by Sonja Eldidge

Serves: 2 cups

Cooking: 30min

Difficulty: Medium

### Ingredients :

- 330g granulated sugar
- ½ cup water
- 250ml double cream
- 4 tbsp white miso

### Methods :

- Tip the sugar and water in a heavy saucepan. I prefer using one with one long handle, as opposed to 2 handles for caramel. Place over medium-high heat, stir briefly. Bring the mixture to a boil, without more stirring. Use a wet pastry brush to wash down any sugar crystals that form on the sides of the pan. When sugar becomes a deep golden brown and wisps of smoke just start to form, remove pan from heat. Or use a sugar thermometer and take it to caramel stage.
- Once off the heat, carefully pour in the cream, which will make the caramel bubble. Stir to combine. If the caramel seizes up and hardens with the addition of the cold cream, then put the pan back over low heat and stir until the caramel is liquid again. Whisk in the miso. Allow to cool slightly before pouring into a lidded container. Store in the refrigerator.
- Serve over ice cream, spread into the middle of a cake, or just eat it cold out of the jar with a spoon.