

Cajeta



Caramel Sauce (Makes about 1 cup)

4 cups goat's* or cow's milk

1 cup granulated sugar

1 TBSP light corn syrup

¼ tsp. salt

1 vanilla bean, split lengthwise OR 1 TBSP pure vanilla extract OR 1 TBSP vanilla bean paste

¼ tsp. baking soda, dissolved in 1 TBSP cold water

→Combine the milk, sugar, corn syrup, and salt in a medium, **tall**, heavy-duty pot. Scrape the vanilla bean into the pot and add the pod. **If using vanilla extract or vanilla bean paste, do not add yet.**

→Bring to a boil over medium heat, stirring occasionally (every 3-5 minutes) so it doesn't stick to the bottom. Remove from heat, add the baking soda, and stir carefully as it will bubble and steam up. When the bubbling has stopped, return it to the heat.

→Adjust the heat so the mixture is at a constant simmer, stirring often (every 1-2 minutes) so it doesn't stick to the bottom of the pan. Once it has turned a golden color, pay more attention and stir more often.

→Cook until it is thick and a dark caramel color, about 1 hour. (It will get thicker and stickier as it cools.) Remove from heat.

→If using vanilla extract or vanilla bean paste, add it now, being careful not to burn yourself because the cajeta may steam a little.

→Allow to cool before using. Remove the vanilla bean, if necessary. (If you feel the caramel has thickened too much once it's cooled, simply stir in a bit of warm water).

NOTES:

- *If you read my blog post on cajeta, you will know all about the difference between goat's milk and cow's milk.
- Make sure the pot you choose has tall sides. Once you add the baking soda mixture, the cajeta has the tendency to foam up unexpectedly. One time, my pot was not wide/tall enough and I couldn't control the cajeta. It boiled over and got all over my stove.
- I like my cajeta to be a darker caramel color. I think it has a better consistency and deeper flavor.

Recipe Source: Adapted from Fany Gerson's My Sweet Mexico

