

Andrea's "Nidletäfel" caramels

This makes about 700 g of Nidletäfel:

500 ml full-fat cream
600 g sugar
200 ml milk

- ❖ Heat all ingredients in a pan over low heat, stirring constantly until the sugar has dissolved.
- ❖ Once everything is liquid, increase the heat, stirring constantly, until the whole mixture is boiling and increases in volume. Then quickly reduce the heat to about 6 out of 10, and just let it simmer gently.
- ❖ Stir regularly – the mixture will thicken noticeably and slowly turn a beige/light brown colour. Please do not use too much heat, otherwise it will burn – if the heat is too low, it will simply take longer.
- ❖ If small bubbles form, this is a good sign, and you can turn down the heat a little and do a consistency test. (Like with jam – drip a few drops onto a plate that has been in the refrigerator and let it cool.) Then try it. It should melt like butter on your tongue.
- ❖ If the test sample tasted good, add 4 teaspoons of cold water, stir briefly, and pour onto a baking sheet lined with baking paper, then smooth out and allow to cool. While the mixture is still warm, cut it into cubes with a knife and let it cool down completely.

As soon as the cubes have properly cooled down, they can be stored in a tin – or, better yet, enjoyed immediately.

Practice makes perfect – have fun!

Kind regards

Andrea und Markus Sprenger – von Siebenthal
Hosh in the Golfhotel Les Hauts de Gstaad & SPA

