



# Soulspun Kitchen

## Moulton's Maple Honey Caramels

### Ingredients

2 cups dark maple syrup  
2 tbsp honey  
1/4 tsp cream of tartar  
2/3 cup cream  
3 tbsp salted butter

### Tips

BE CAREFUL. BOILED SUGAR IS INCREDIBLY HOT!!

- Make sure your candy thermometer is submerged but not touching the bottom of your pan as this can skew results. If you have not used your candy thermometer recently, you can check its accuracy prior to making your caramels by testing it with water. It should read 212F when the water begins to boil. If it doesn't, you can make adjustments based on the difference.
- To avoid crystallization, pick dark maple syrup, ideally from the end of the season. The addition of cream of tartar and honey will also help stabilize your sugars.
- To avoid clumps, sift cream of tartar before adding.
- Make sure honey is also free of crystals. I used Golden Blossom Honey.
- As your sugar boils, if you see crystals appear on the sides of your pan, you can brush them away with hot water and a pastry brush.
- Prepare to make this when you're able to stay with your syrup. No distractions. Keep an eye on your temperature and lower your burner if your syrup climbs too high.
- Prior to adding butter and cream, I recommend bringing the liquid to about 280F-290F.

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### Preparation

Prepare your pan: Prepare a 8x8 cake pan by greasing it with butter, adding parchment paper and then adding a little more butter.

Make Caramels: Attach a candy thermometer to a high walled pot. Pour in syrup, and honey, and sprinkle in cream of tartar. Stir very gently until cream of tartar has dissolved and honey is incorporated. Place over medium heat. Boil this mixture to 280F degrees, lowering the temp if the sugar begins to climb high. You may give the pan a gentle swirl from time to time, but otherwise do not disturb.

Once syrup reaches 280F, remove from heat and add cream and butter while stirring vigorously. This will bubble violently. Be careful.

Place mixture back on heat and cook until thermometer reaches 250F. Remove from heat and CAREFULLY pour bubbling mixture into your prepared pan. Do not scrape pot clean. Tap pan on counter to release bubbles.

If you desire toppings, wait 5-10 minutes and then add flaky sea salt, walnuts, pecans or butternuts.

Allow to cool completely - for 4 hours or overnight. Slice into squares and individually wrap in small squares of parchment paper.

Alternatively, when pan is cool, you could swirl caramel onto lollipop sticks (but prepare to hand out samples to anyone around because that's just delightful!).

Once wrapped, these will keep for two weeks at room temperature, but they're not likely to last that long.

<https://www.erinemoulton.com/soulspun-kitchen/>