



The rich, luxurious
flavor of caramel reaches new heights
with these fabulously decadent and
palate-pleasing recipes for cakes, tarts,
cookies, custards, candies, ice creams, and
other delicious desserts.



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Caramel


CAROLE BLOOM



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Caramel

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Photographs by ALEXANDRA DEFURIO



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Bittersweet Chocolate Caramel Cashew Tart

Makes 1 (9¹/₂-inch) round tart, 12 to 14 servings

This tart resembles a candy bar. Two layers of Bittersweet Chocolate Ganache enclose a chewy mixture of caramel and toasted chopped cashews. This all rests on a delicate sweet pastry shell. There are a few steps involved in preparing this tart that can easily be spread out over a couple of days.

Special equipment: 9¹/₂-inch round, fluted-edge, removable bottom tart pan

PASTRY DOUGH

1¹/₄ cups (5¹/₂ ounces) all-purpose flour
1/2 cup (1³/₄ ounces) confectioners' sugar
1/8 teaspoon kosher or fine-grained sea salt
8 tablespoons (4 ounces, 1 stick) unsalted butter, chilled
1 large egg yolk, room temperature
1/2 teaspoon pure vanilla extract

BITTERSWEET CHOCOLATE GANACHE

6 ounces bittersweet chocolate (66% to 72% cacao content), finely chopped
2/3 cup heavy whipping cream

CARAMEL CASHEW FILLING

3/4 cup (5 ounces) granulated sugar
1/4 cup water
1 tablespoon light corn syrup
1/3 cup heavy whipping cream
6 tablespoons (3 ounces, 3/4 stick) unsalted butter, softened
1/2 teaspoon pure vanilla extract
Pinch of kosher or fine-grained sea salt
1¹/₂ cups (6³/₄ ounces) toasted cashews, coarsely chopped

GARNISH

20 CASHEW PIECES

PASTRY DOUGH: Briefly pulse together the flour, confectioners' sugar, and salt in the work bowl of a food processor fitted with the steel blade. Cut the chilled butter into small pieces and add. Pulse until the butter is cut into very tiny pieces, about 30 seconds. The texture will be sandy with very tiny lumps.

KEEPING: Store the tart on a plate lightly covered with waxed paper then tightly wrapped in aluminum foil in the refrigerator for up to 3 days.

Caramel Mousse

Makes 4 to 6 servings

This irresistible mousse is very light and airy, with intense caramel flavor. And the hints of honey and vanilla add even more depth to this instantly enjoyable dessert. For larger portion servings, it's fine to serve this mousse from a large bowl using a tablespoon instead of using individual serving bowls.

Special equipment: 12-inch pastry bag with a large open star tip

2 cups heavy whipping cream, divided
1/2 cup (3 1/2 ounces) granulated sugar
1/2 cup (3 ounces) firmly packed light brown sugar
1/4 cup water
2 teaspoons honey
1 teaspoon pure vanilla extract
4 tablespoons (2 ounces, 1/2 stick) unsalted butter, softened

Bring 2/3 cup cream to a boil in a 1/2-quart saucepan over medium heat. Cook the sugars, water, honey, and vanilla in a 2-quart heavy-duty saucepan over high heat until the mixture comes to a boil. Brush around the inside of the pan with a damp pastry brush at the point where the sugar syrup meets the sides of the pan twice during the cooking process, to prevent the sugar from crystallizing. Cook the mixture over high heat, without stirring, until it turns amber colored, 6–8 minutes.

Lower the heat to medium and slowly add the hot cream to the sugar mixture while stirring constantly. The cream will bubble and foam. Continue to stir to make sure there are no lumps. Remove the saucepan from the heat and stir in the butter until it is completely melted.

Transfer the caramel mixture to a bowl, cover tightly with plastic wrap, cool to room temperature, then chill until thick, about 2 hours.

