

# EAST NORTH EAST BAKEOFF

## CARAMEL SHORTBREAD



### INGREDIENTS

80g butter

40g caster sugar

140g plain flour

*Caramel*

90g light muscovado sugar

90g butter

315g condensed milk – use a squeeze bottle for no waste, if you use a tin and have some left over try it drizzled over ice-cream, add it to tea/coffee/hot choc for a creamy sweetener or indeed eat it with a spoons

*Topping*

200g milk chocolate

50g white chocolate

**Makes:** 12.



To make them individually I'm using silicone cupcake cases in a metal tin. Paper cases will work too but they need to be in a proper cupcake tin that the cases fit into completely. Making them directly in silicone muffin trays will work too.

## METHOD

**Step 1** Preheat the oven to 160c (fan)/180c/Gas Mark 4

**Step 2** Cream together the butter and sugar until nice and light and fluffy.



**Step 3** Add the plain flour and work together to a moist crumbly dough.



**Step 4** Add a spoonful to the base of each case (20g in each if you're being precise) and flatten down with the back of teaspoon.



If you find the mixture sticks to the spoon as you flatten it, dipping the spoon in a little flour will stop it.

Bake the shortbread bases in the oven for 12 minutes and then set them aside to cool.

**Step 5** Time for the caramel layer – in a non-stick pan gently melt together the condensed milk, butter and light muscovado sugar stirring frequently.



**Step 6** Once the butter and sugar have melted turn the heat up a little and bring the mixture to a low boil.



**Step 7** Now stir continuously (to stop the bottom from catching and burning) on the heat for a full five minutes.

**Step 8** Caramel ready to go – divide it between the cases adding it to the top of the shortbread layer with a spoon. Take care because it's super-hot. It should level out by itself in the case but if it starts to thicken and set too soon for you, heat it up a little in the pan again or if it's already in the cases pop the tray back in the oven for a couple of minutes at a time until it softens and levels out again.



**Step 9** Now you need to cool them completely and let the caramel layer set.

**Step 10** Melt a bar of chocolate ready to pour on top of your cool shortbreads

