



## The Ultimate fudge

Makes 750g

- 1 x 397g tin condensed milk**
- 150ml milk**
- 450g light golden sugar**
- 115g butter**

- 1** Grease and base line an 18cm square tin with baking parchment.
- 2** Ask an adult to help you gently heat all the ingredients in a large, non-stick saucepan, stirring until the sugar dissolves.

**3** Bring to the boil and simmer gently for 10-15 minutes, stirring continuously, until a temperature of 116°C is reached on a sugar thermometer. Alternatively, test the fudge by dropping a little into a jug of cold water. If a soft ball is formed, the fudge is ready. Make sure an adult is present for this stage as hot fudge can cause your skin to burn badly.

**4** Remove from the heat. Beat until thick and grainy for about 10 minutes. Pour into the prepared tin and leave to cool. Once cooled, slice into squares.

**5** Fudge can be stored for up to one month in an airtight container.

*Note: For a yummy chocolate flavoured fudge, stir in 175g of melted plain chocolate at the beating stage. Or for a fruit and nut twist, stir in 85g of mixed dried fruit and chopped nuts at the beating stage.*

Fat	7g	Saturated fat	4g	Energy	195cal
Protein	2g	Sodium	.1g	Fibre	0g
				Carbs	34g

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