

CHEF'S RECIPE OF THE WEEK

Caramel Apples

Produce Recipe Suggestion

Serves: 8

Please be careful when making caramel apples, you will be working with dangerously hot, sticky, ingredients - I always put on an apron and make sure I have a closed-toed pair of shoes on when making candy.

Ingredients

- 6 - 8 small apples, Granny Smith or Pink Lady, un-waxed, cold
- 1 cup heavy cream
- 1/2 teaspoon sea salt
- 1 cup honey
- 1/2 cup chopped walnuts-optional

Special equipment: candy thermometer and lollipop sticks

Preparation

Line a baking sheet with parchment paper.
Push a lollipop or popsicle stick deep into each apple - in through the stem. Fill a large bowl 1/2 full with ice water and set aside.

In a medium, thick-bottomed saucepan heat the cream and salt until tiny bubbles start forming where the milk touches the pan - just before a simmer. Stir in the honey. Bring the mixture to a boil. Now reduce the heat to an active simmer and cook, stirring constantly with a wooden spoon, for about 15-20 minutes or until the mixture reaches about 255-260F degrees . To stop the caramel from cooking, very, very carefully set the bottom of the saucepan in the bowl of cold water you prepared earlier - taking special care not to get any of the water in the caramel mixture. Stir until caramel begins to thicken up - you want the caramel to be thin enough that it will easily coat your apples, but not so thin that it will run right off. If the caramel thickens too much simply put the pot back over the burner for 10 seconds or so to heat it up a bit.

I tilt my sauce pan so all the caramel forms a pool on one side, and use my other hand to dunk and twirl each apple until it is thoroughly coated with caramel. Place each apple on the parchment lined baking sheets and allow the caramel to cool and set.



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Sysco San Francisco Inc

Caramel Apples

Serves - 8 for \$16.00

	Plate/Serving	Total	%
Price:	\$2.00	\$16.00	
Cost:	\$0.26	\$2.11	13.22
Profit:	\$1.74	\$13.89	86.78

SUPC	S	Description	Brand	Qty	Type	Unit Cost	XCost	Mrgn
1314236		APPLE GRANNY SMITH FCY FRSH	PACKER	8.00	EA	\$0.22	\$1.80	0.85
2592525		CREAM MANUFACTURING 40%	WHLFARM	1.00	CP	\$0.07	\$0.07	0.03
2976611		HONEY PURE AMBER LITE	SUE BEE	1.00	CP	\$0.12	\$0.12	0.06
5325006	S	SKEWER BAMBOO 6 IN	ROYAL S	8.00	EA	\$0.00	\$0.03	0.01
4342069		WALNUT HALF & PIECES	SANTCLR	0.50	CP	\$0.20	\$0.10	0.05