

ESB Monthly Bake - JUNE

Traditional Fudge



A Truly Scrumptious recipe, traditional fudge is only made of four ingredients and is the perfect gift for any occasion!

Ingredients and Equipment

Ingredients

A can of condensed milk

5 fl oz (150ml) semi-skimmed milk

1 lb (450g) demerara sugar

4 oz (115g) butter, cubed

Equipment

A 20cm square or tray bake tin

Greaseproof paper

A butter wrapper to grease the tray

A Tin opener

A large saucepan

A wooden spoon

2 teaspoons

A Table Knife

A sharp knife

An ice tray, full of ice

How to make the bake

1. Grease and line the tin with greaseproof paper and set aside. Use the tin opener to open the condensed milk and place all of the ingredients into the large saucepan. When you have measured the milk, rinse out the jug with water and refill with cold tap water and a few pieces of ice so it is ready for testing the fudge later. Being prepared is important in this recipe as it is tricky to stop stirring the fudge once it is boiling.
2. Heat the pan on a low heat, stirring with a wooden spoon all the time till the butter melts and sugar dissolves. When the ingredients have become a homogenous mixture, gently bring it to a boil and simmer for 10 - 15 minutes. Don't stop watching the pan or stirring for a moment as the bottom can easily catch around the sides. To prevent this, scrape around

the edges of the pan as well as in the centre. Be careful when stirring as boiling sugar is incredibly hot and can spit out of the pan onto your arm!

3. When it has been cooking for between 10 and 15 minutes, you can start to test whether it is done. To test whether the mixture is ready, use a teaspoon to get a bit of mixture out of the pan and drop into the measuring jug filled with cold water. If ready, the mix will form a small ball with a soft pliable texture so you can squeeze it between your finger and thumb. This is called soft ball stage.
4. Remove the pan from the heat and beat with the wooden spoon till it becomes very thick and starts to set around the sides of the pan. This step requires 10 minutes of elbow grease but it is worth it in the end!
5. Pour the fudge into the prepared tin. Then work quickly to get as much of the mixture stuck to the sides of the pan as you can with a table knife, as it sets very fast. When it has set too hard to take out anymore, pour boiling water into the pan and it will take the hardened bits off the pan and make it easier to clean.
6. Leave to cool for 2 - 3 hours or until set and ready to slice up. When cool, cut into inch sized squares and put into a tin or box to keep it airtight. A perfect gift for any occasion!