



Pralines

Ingredients

1 1/2 cups unsalted butter
1 cup sugar
1 cup packed light brown sugar
1 cup milk
1/2 cup heavy cream

1 cup chopped pecans
2 Tbsp vanilla or rum extract
1 Tbsp water
Butter or oil

Directions

Melt the butter in a large, heavy-based pan. Add the sugars, milk, and cream and bring mixture to the boil, stirring constantly. Reduce the heat to simmering and cook to a deep golden brown syrup. Stir continuously.

After about 20 minutes, drop a small amount of the mixture into ice water. If it forms a hard ball, the syrup is ready. The hard ball stage registers 250 degrees F on a sugar thermometer. Add the pecans, flavoring, and water. Stir until the mixture stops foaming.

Grease baking sheets with butter or oil and drop on the mixture by spoonfuls into mounds about 2 inches in diameter. The pralines will spread out as they cool.

Allow to cool completely before serving.



Servings: 12-16

Source: *Cajun & Creole Cooking* (Thompson)