

# Fudge

## The great gift recipe

A free recipe download from [www.TessYoungDesigns.com](http://www.TessYoungDesigns.com)

### Ingredients

1 pint of milk (570ml)  
8oz butter (225g)  
2 lbs sugar (900g)

Your choice of flavourings such as:  
1/2-1 teaspoon of vanilla essence  
or  
Approx 5 'balls' of stem ginger chopped  
finely with some of the syrup from the jar  
or  
4 oz / 100g of chopped cherries  
or raisins

### Directions

1. Put milk and butter in a large heavy based saucepan and gently heat until the butter is melted.
2. Add the sugar and maintain heat so the sugar dissolves, but don't let it boil until the sugar has fully dissolved.
3. Bring to the boil and keep it at a rolling boil, stirring regularly at first then continuously as the heat rises, until it reaches 235 degrees on a sugar thermometer, or it reaches \*soft ball stage, or, my preferred test, when you stir the sides of the pan with the wooden spoon you feel that the mixture is just turning grainy. By this point it will also have darkened in colour and reduced in bulk.
4. Remove from heat and beat the mixture with a wooden spoon to drop the temperature, then mix in the flavouring or fruit etc.
5. Pour into a greased tin approx. 9 x 9 inches (23cm x 23cm) or equivalent.
6. While still warm, cut into squares.
7. Leave until it has completely cooled before taking the squares out of the tin.

\*Soft ball stage is when you drop a very small amount of the mixture into a glass of cold water and it forms a little ball that is soft when you roll it between thumb and forefinger. Up until this point the drop will just dissolve in the water.

If you try and cut the squares while the fudge is too hot it will just run back together. This is fine, just leave it a little while and then do it again. If you leave it until it is too cold the squares may fracture or break irregularly.

