

Easy Salted Caramel Sauce - Perfectly Sweet and Savory

The Sweet History of Caramel and Salt



OVEN
350°F

TIME
8-12 min

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INGREDIENTS

- 1 cup granulated sugar
- 1/4 cup water
- 1/2 cup (1 stick) unsalted butter, cut into cubes, at room temperature
- 1/2 cup heavy cream, warmed (you can warm it gently in microwave or small saucepan)
- 1 teaspoon flaky sea salt (like Maldon), or 1/2 teaspoon fine sea salt
- 1 teaspoon vanilla extract

DIRECTIONS

1. Let's make this liquid gold!
2. Prepare : Ingredients: Have all your ingredients measured out and ready to go before you start. Cut butter into cubes and ensure it's at room temperature. Gently warm your heavy cream.
3. Combine : Sugar & Water: In a heavy-bottomed saucepan (this is important for even heat distribution), combine the granulated sugar and water. Stir gently with a spoon until the sugar is moistened and forms a thick paste.
4. Caramelize : Sugar: Place the saucepan over medium-high heat. Bring the mixture to a boil. Once boiling, do not stir. Cook, gently swirling the pan occasionally, until the sugar syrup turns a deep amber color. This will take 8-12 minutes depending on your heat and pan. Watch it very closely, as it can go from perfect to burnt quickly! A candy thermometer can be used: cook until it reaches 340-350°F (170-175°C).
5. Add : Butter: As soon as the sugar reaches the desired amber color, remove the pan from the heat. Immediately and carefully add the cubed room temperature butter to the hot caramel. Stir vigorously with a heat-proof whisk. The mixture will bubble up considerably. Keep stirring until all the butter is fully melted and incorporated.
6. Add : Cream: Slowly and carefully pour the warm heavy cream into the caramel mixture, whisking constantly. Again, the mixture will bubble up aggressively. Continue whisking until the cream is fully incorporated and the sauce is smooth.
7. Add : Salt & Vanilla: Stir in the flaky sea salt and vanilla extract. Whisk until well combined.

8. **Cool & Store:** Pour the salted caramel sauce into a heat-proof jar or container. Let it cool completely at room temperature. As it cools, it will thicken to a pourable, syrupy consistency.

SWAPS & NOTES

The specific combination of "salted caramel" is a more recent, yet incredibly popular, culinary trend that took off in the late 20th century, particularly in France with pâtissier Henri Le Roux's "salted butter caramel" in the 1970s.

The genius of salted caramel lies in the way a touch of salt enhances and balances the sweetness of the caramel, creating a more complex and addictive flavor profile.

The salt doesn't make the caramel taste "salty" in the same way as a savory dish; rather, it highlights the caramel's inherent sweetness and depth, making it incredibly appealing to the palate.

This Easy Salted Caramel Sauce recipe captures that perfect sweet-and-savory balance, providing a versatile and decadent topping that has become a modern classic in the world of desserts and confections.

TIPS FOR SUCCESS

Heavy-Bottomed Pan: This ensures even heating and prevents scorching the sugar.

Do NOT Stir the Sugar (Once Boiling): Once the sugar-water mixture comes to a boil, stirring can cause sugar crystals to form, leading to a grainy caramel.

If crystals form on the sides of the pan, use a wet pastry brush to brush them down into the syrup.

Watch the Color: Color is your best indicator.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-salted-caramel-sauce-perfectly-sweet-and-savory/>