

Traditional Scottish Tablet Recipe



Timing/Servings

- Prep Time: 5 min
- Cook Time: 30 min
- Total Time: 35 min
- Servings: 6

Ingredients

- 2 cups whole milk
- 1 cup butter (chopped into pieces)
- 4 lbs. sugar (superfine or caster)
- 1 1/2 cups sweetened condensed milk
- 2 tsp vanilla extract

Procedure

- Butter a 12-by-4-inch or 7-inch square tin.
- In a large, deep pan (4-pint minimum capacity but preferably larger), heat up the milk on low heat. Add the butter and stir until melted.
- Add the sugar and stir until all of it has dissolved. Raise the heat to high and bring the mixture to a hard boil for 5 minutes, stirring to prevent the sugar from sticking to the edges of the pan and/or burning. If you have a candy thermometer, bring the temperature to 250 F (also known as hard-ball stage in candy and toffee making).
- At 250 F, carefully add the condensed milk. Because the sugar is at a high temperature it may splatter and burn you, so use caution. Stir well. Lower the heat and simmer for 20 minutes. The mixture will bubble and resemble a moon crater. Keep cooking; the mixture will also start to slightly darken.
- Once the mixture has visibly thickened, remove the pan from the stove and place on a kitchen towel to add stability. Use a stand up mixer and beat the mixture vigorously for 5 to 10 minutes.
- Add vanilla extract or Scotch whisky
- Pour the mixture into the greased pan and spread out flat using a spatula or wooden spoon.
- When the tablet is cool but still soft, cut into 1-inch squares. Let sit until completely cooled.

Enjoy!