

Dulce de Leche

The Argentinian dulce de leche is a typical dessert of the southern nation. It is literally sweetened milk or milk jam, similar to a type of caramel. In Argentina, dulce de leche is practically a religion. It is the sweet soul of the country.

Ingredients

- 10 cups of whole milk (with this amount you will get about 16.9oz of dulce de leche, by evaporation.)
- 1 pinch baking soda
- 2 3/4 cup of sugar.
- 1/2 cup of heavy cream
- 1 vanilla pod scraped



The Recipe

- Place a large pot with a thick bottom and high walls, on your cooktop and turn to low heat.
- Mix the milk, heavy cream, vanilla, baking soda, and sugar into the pot. Stir with a whisk until all the sugar dissolves.
- Cook over low heat, uncovered, for about an hour. No need to stir now. You will only notice that the milk takes on a subtle light-yellow color.
- Continue cooking for one more hour. You will notice that the mixture begins to take on a light-beige color. No need to stir.
- After the first two and a half hours have passed. You should start stirring, without stopping for approximately 20 minutes.
- You will know your dulce de leche is ready when you try to spread it on a cold plate.
- Once the dulce de leche has the desired consistency and beautiful golden-brown color, turn off the heat and allow it to cool.
- Once the dulce de leche is completely cool, transfer the caramel into a clean, dry glass jar and enjoy.