

45 minutes (+ setting time)

Makes 54 squares

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Ingredients:

- 3½ cups (875g) castor sugar
- Pinch of salt
- 1¼ cups (310ml) milk
- 2 Tbsp (30ml) golden syrup
- ¼ cup (60g) butter
- 1 can (385g) condensed milk
- 1 tsp (5ml) vanilla essence

Topping options:

- ½ cup (125ml) toasted coconut flakes
- 1 bar (100g) bashed peanut brittle
- Sprinkle of black lava salt flakes
- ⅓ cup (80ml) crushed coffee beans
- 1 Bar-One chocolate, chopped
- 1 packet (100g) chopped pistachio nuts
- 1 cup (250ml) mini marshmallows

Method

1. Line a 27cmx18cm tray with baking paper.
2. Combine sugar, salt and milk in a large pot over low heat, stirring continuously until sugar dissolves. (The mixture must not boil before all the sugar has dissolved.) Should any sugar crystals appear, brush from sides of pot with a wet pastry brush.
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4. Add syrup, butter and condensed milk and bring to the boil, stirring from time to time with a wooden spoon to prevent the fudge burning.

5. Boil until mixture reaches 115°C (use a sugar thermometer) or soft-ball stage. (see tip below).
6. Cool for 10-15 minutes until lukewarm, then stir in vanilla essence.
7. Beat with a wooden spoon until thick and creamy and the mixture has lost its sheen.
8. Pour into prepared tray and smooth top.
9. Sprinkle your choice of topping(s) over fudge while still warm so it sinks in slightly and sticks.
10. Set aside to harden at room temperature.
11. Slice into 3cm squares and store in an airtight container.

TOP TIPS:

- Never, ever lick the spoon! Melted sugar sticks and burns like lava. (If you do burn yourself, hold the burnt area under cool running water for 10-15 minutes.)
- Fudge becomes soft in the fridge, so rather store it in an airtight container in a cool place.
- To test for soft-ball stage, use a clean spoon and carefully take a little of the syrup and drop it into the bowl of cold water. If it can be moulded in your fingers easily, it has reached the soft ball stage.

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