

FML

Food's my life!

Milk Toffee

250g white sugar

1 tin of condensed milk

½ cup of water

2 teaspoons vanilla extract

¼ teaspoon rose water

¼ teaspoon almond essence

50g butter

100g roughly chopped roasted unsalted cashew nuts

1. Line a 20x20cm square tin with baking paper
2. In a heavy based pan, on a MED-LOW heat, pour in condensed milk and water
3. Add sugar to the middle of the pan and slowly stir the centre, allowing the sugar to dissolve completely. This may take up to 15 minutes.
4. The mixture will start to boil. Add the flavours at this stage.
5. Continue to stir vigorously for about 20 minutes, or until the mixture has reached soft ball stage (118-120 degrees Celsius)
6. Then add butter and cashews. Continue to stir to mix thoroughly.
7. Pour the toffee mixture into the lined pan. Leave it on the bench to cool completely, before cutting into pieces.
8. Store in an air tight container or jar – do not refrigerate.