

CHOCOLATE FUDGE

Unlike its British cousin that has a more crumbly texture, this recipe for American-style fudge is luscious and creamy. The first mention of fudge in the US was in 1886, when a young student at the exclusive Vassar College wrote to a friend about a recipe that an acquaintance had made by accident or had “fudged” that had resulted in a delicious chocolate confection. The recipe quickly gained popularity amongst the young ladies of the Seven Sisters colleges and throughout the US.

Prep time: 15 minutes

Start-to-finish: 2 hours 15 minutes

Advanced prep: Can be kept for up to a week in an airtight container

Makes 24 pieces of fudge

	Plain	Nuts	Marshmallow	Orange Zest
Ingredients:				
Caster sugar	200 gm	200 gm	200 gm	200 gm
Cocoa	50 gm	50 gm	50 gm	50 gm
Butter	62.5 gm	62.5 gm	62.5 gm	62.5 gm
Milk	60 ml	60 ml	60 ml	60 ml
Golden syrup	1 T	1 T	1 T	1 T
Vanilla	1 tsp	1 tsp	1 tsp	1 tsp
Icing sugar	450 - 500 gm	450 - 500 gm	450 - 500 gm	450 - 500 gm

Variations:

Walnuts or pecans, chopped

75 gm

Mini marshmallows

40 gm

Orange zest, finely grated

2 tsp

1. Mix the sugar and the cocoa together in a saucepan.
2. Add the butter, the milk and the golden syrup.
3. Over a medium flame, bring the mixture to a slight boil, stirring constantly.
4. Remove the saucepan from the stove and add the vanilla (and if you like, nuts, marshmallows or orange zest).
5. Stir in the sifted icing sugar a bit at a time until firm.
6. Pour into an ungreased square pan (9x9 inches), smoothing it out with the back of a spoon, if necessary.
7. Let cool and cut into 3 to 4 cm squares.
8. Store in an air-tight container.