

## Boozy (or not) Caramel Sauce

For a number of years, I made Danish sticky buns coated in this concoction (sans alcohol) when I was retailing food. We had a “classic” apricot and sultana bun and a white chocolate and raspberry sticky bun, and comments such as “your sticky buns make life worth living” were frequently passed.

One time, a Wellington coffee baron beached his boat to hunt one down, and another he and his mates drove for 45 minutes on a Saturday morning - hungover - to feed their sticky bun addiction. (My shop was a little way out of town).

Thankfully those days are behind me now – although having given up catering four times I never say never!

The crowning glory on the buns was this sticky, gooey, caramel goodness – a base recipe which is also brilliant over ice cream, sticky date pudding, as a dipping sauce for fresh fruit, and of course with Christmas Pud!

Makes approx. 4 cups

### Ingredients:

250g butter  
450g soft dark brown sugar  
2 eggs, lightly beaten  
250ml cream  
8 cardamom pods, lightly crushed (or 2 tsp ground cardamom)  
1 vanilla pod, seeds scraped (or 1 Tb vanilla essence – add at end)

### Optional:

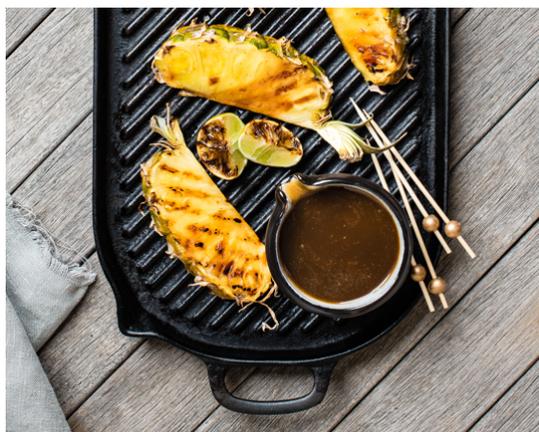
1-2 Tb brandy or rum (or to taste!)

### Method:

- Melt butter over medium heat in a medium saucepan.
- Add sugar, stir to dissolve.
- Add lightly beaten eggs, cream, cardamom pods or powder and vanilla seeds, if using.
- Cook for five minutes stirring constantly until all blended and cooked.
- Remove from heat, add vanilla essence if using.
- Stir in brandy or rum (optional).

### Notes:

- Store caramel sauce in the refrigerator (it will thicken a lot – excellent for eating by the spoonful from the jar).
- You can also freeze the sauce – it doesn't freeze solid, just goes really thick; thins down again on reheating.



Serving suggestion: grilled pineapple and rum-laced caramel sauce