

Simple Fudge

How to make simple fudge:

A simple fudge recipe. See **Cooking with Sugar** for information on the tricky process of boiling sugar.

Ingredients



2 cups (1lb) granulated sugar
1/2 pint milk
4 tablespoons (2oz) butter
(see **measure conversions** for more information)

Method

- Put the ingredients into a strong saucepan.
- Put saucepan onto the lowest heat of the smallest ring and stir with a wooden spoon until the sugar has dissolved.

It is EXTREMELEY IMPORTANT that all the sugar is dissolved. Test for this by tapping the wooden spoon on the bottom of the pan. If there is any undissolved sugar there it will "crunch" under the spoon. Just leave the pan on the lowest setting and it will boil. Boil steadily leaving the heat at the lowest setting. Do not turn the heat up. Stir only VERY occasionally and gently just to make sure the mixture isn't burning. Just do this (i.e. boil and stir VERY occasionally) until the mixture forms into a **soft ball** when a little is dropped from a spoon into a saucer of cold water. This means that you can squeeze the mixture dropped into the cold water together with your fingers and it will form a very soft ball. THIS CAN TAKE WHAT SEEMS LIKE A LONG TIME, up to about 20 mins but the most important thing is what happens when you test a drop of mixture in the saucer of water. BE VERY CAREFUL NOT TO BURN YOURSELF BECAUSE THE FUDGE MIXTURE IS VERY HOT.

- Remove from the heat and stir with a wooden spoon (careful it is very hot) until the mixture starts to thicken. It is now beginning to set and will do so rapidly.
- Pour into a prepared tin greased with butter or vegetable oil.
- When nearly set cut into pieces.