



Creamy Caramel-A-Chino for One

By Jacy Shoener

Prep Time 2 / Cook Time 1 / Serves 1 - 1

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potheadler
- ☐ Liquid measuring cup
- ☐ Small whisk

Ingredients

Creamy Caramel-A-Chino for One

- ☐ Caramel Drizzle (you'll use about half)
- ☐ 1 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****

Food Allergen Substitutions

Creamy Caramel-A-Chino for One

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Creamy Caramel-A-Chino for One

measure + whisk

Measure and add **1 cup of milk** to the mug with the remaining **Caramel Drizzle**. Whisk until frothy and there are few lumps.

microwave + whisk + serve

Heat in the microwave for 1 minute or just until the milk starts to foam. Whisk again to remove any remaining lumps. Serve with the **Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping**.

Featured Ingredient: Caramel!

Hi! I'm Caramel!

"I'm a sweet confection made from sugar. You may find me coating the outside of popcorn or an apple on a stick, drizzled over ice cream, or formed into a chewy candy!"

Arabs are thought to have created the first mixture of sugar and water in 1000 CE.

The word "caramel" was first recorded in the English language in 1725—it comes from the French "caramel" borrowed from the Spanish "caramelo." The original Spanish word did not refer to the chewy caramel candy we know today, but more likely, to caramelized sugar.

Caramel is simply sugar melted, with liquid or without, into a syrup and cooked until the sugar crystals turn into a medium to dark amber liquid. In this form, you can coat nuts (pralines) and popcorn, thicken it into a sauce, and many other delights. Whisk in some butter, remove from the heat, whisk in cream, and you have a delicious caramel sauce.

Did you know that Milton Hershey began his chocolate empire with caramel, not chocolate? Hershey was born in 1857 in Pennsylvania and founded a candy-making business in Lancaster, Pennsylvania. By 1883, he had pioneered the production of caramel and established the Lancaster Caramel Company. In 1893, he sold that company and started the Hershey Chocolate Company with the proceeds.

The "crème caramel," a custard topped with caramel, was first published in a cookbook by Jean Baptiste Reboul in 1897.

In 1977, French pastry chef Henri Le Roux created salted caramel when he made his "caramel au beurre salé," a salted butter caramel coated with crushed nuts.