

- Decadent caramel sauce. Three ingredients. It's absolutely delicious. Hi, I'm Lindsay from Life, Love and Sugar and today we're making homemade caramel sauce. All you need for this recipe is three ingredients. Sugar, heavy whipping cream, and butter so you know it's healthy. To get started, you wanna pour your sugar into your saucepan over medium heat. It's gonna take a little bit for that sugar to melt down. You're gonna continue whisking it while it melts. It takes a little bit of time, maybe 10 minutes. Just keep whisking 'cause as it melts, it's gonna kinda stick to the bottom and you're gonna wanna get the whisk to pull that sugar up off the bottom so it doesn't burn. As you continue to whisk, you're gonna notice the sugar start to clump and that's when it gets exciting 'cause stuff really starts to move forward at this point finally. As it clumps, it's gonna continue melting. And once it melts, you're gonna get a nice amber color caramel and you're gonna let it rest for just a second. Not too long or it'll burn. Just let rest, get a little bit deeper amber color. You're gonna add the butter and whisk it all together. It's gonna bubble up quite a bit, so just keep on whisking. Keep whisking, it'll take a little bit for it to all incorporate, but just keep going. It might look a little stringy, keep going. When you add your butter, just make sure it's room temperature or warmer. You don't want it to be too cool. The caramel sauce is really sensitive to temperature. If your butter or your cream is too cold, your caramel sauce is gonna seize up on you really quick and there's no saving that. Once the butter is all incorporated into your sauce, you're gonna add the cream. I like to add just a little bit at a time so you make sure it's not gonna seize up on you and just whisk as you're doing it. A little bit of cream, a little big of cream. And once that sauce really starts to thin out, you can add the rest in and just keep on whisking until it smooths out and comes together. And you've got the best caramel sauce ready to go. This caramel sauce is perfect for pouring over ice cream, drizzling on cakes, cheesecake. Shoot, I even eat it with a spoon. It really is wonderful, it also makes a great little gift. You can package it up in a cute mason jar, put a ribbon and a tag on it, and give it away at the holidays. For the full recipe, visit lifeloveandsugar.com.