

Honeycomb

INGREDIENTS

230 g caster sugar
60 g golden syrup or honey
150 g glucose syrup or Karo
50 g water
2-3 tsp vanilla bean extract or paste (optional)

12 g bi-carb soda
3-5 g cream of tartar

KITCHEN TOOL KIT

Medium/large-sized deep saucepan
Heat element (gas/electric/induction)
Digital probe thermometer
Silicone spatula
Wooden spoon
Whisk
20x20 cm cake pan - greased and lined
Sieve
Small mixing bowl
Teatowel - if your bench or kitchen is cold

Method:

Line a 20x20cm cake tin well with baking paper, covering the base and all sides

In a deep saucepan, combine the water, caster sugar, golden syrup, glucose syrup, and vanilla (if using).

Combine the bi-carb soda and cream of tartar and sieve once or twice to remove clumps - set aside.

Heat the sugar syrup on medium-low heat to dissolve the sugar with the honey and glucose. The sugar syrup can be whisked vigorously at this stage, and it is essential to allow the sugar to dissolve completely before the syrup begins to boil. Stirring distributes heat and ensures that no sugar has clumped on the base of the pan.

Once the syrup begins to boil, the stirring must become gentler to prevent the sugar's re-crystallization.

Remove the sugar syrup from the heat at between 154-155°C, allow the bubbles to subside for a moment, then add in the sieved bi-carb and cream of tartar mixture. Whisk quickly to incorporate into the caramel and immediately pour into the lined baking tray. Avoid knocking or bumping the tray because the air pockets are fragile and can burst or deflate quite quickly.

Gently set the hot honeycomb mixture aside to cool for 2-3 hours.

Once the honeycomb is completely cooled and set, it can be cracked or roughly cut into chunks and served.

Store the honeycomb in an airtight container in a cool spot, away from sunlight, for 1-2 weeks. Honeycomb can be affected by heat and humidity, causing it to soften and become sticky.