



Dulce de Leche

Hands on

180'

Cook Time

400 g

Portion(s)

1

Difficulty



Ingredients

- 400 g sweetened condensed milk

Διατροφικός πίνακας

Nutrition information per 100 gr.

329 Calories (kcal)	8.4 Total Fat (g)	5.3 Saturated Fat (g)	56.0 Total Carbs (g)
16%	12%	27%	22%
56.0 Sugars (g)	7.6 Protein (g)	0.0 Fibre (g)	0.24 Sodium (g)
62%	15%	0%	4%

Method

- Place the can of condensed milk, unopened, in a pot filled with water. Simmer for 3 hours. (Can be placed in a pressure cooker for 1 hour.)
- Make sure that the water is bubbling but not boiling vigorously, because the can should not move around in the water.
- Check that the can is always covered with water during the whole time it is simmering. Add more water if necessary.
- When the cooking process is done, remove can from hot water and allow to cool before opening.
- It would be smart to prepare many cans at a time. They can be stored in a dark cool place until needed!! They do not need to be refrigerated.
- They can be stored just as you would a can of condensed milk.