



# Vanilla submarine sweet

30'  
Hands on

30-40 minutes'  
Hands off

30'  
Cook Time

500 ml  
Portion(s)

1  
Difficulty



## Ingredients

- 800 g granulated sugar
- 450 g water
- 2 tablespoon(s) honey
- 1 tablespoon(s) [vanilla extract](#)
- 1 tablespoon(s) lemon juice
- orange zest, of 1 orange

## Διατροφικός πίνακας

Nutrition information per 100 gr.

672 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	168.0 Total Carbs (g)
34%	0%	0%	65%
167.0 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.03 Sodium (g)
186%	0%	0%	0%

## Method

- In a [saucepan](#), add the sugar, water and honey.
- Place over medium heat and stir until the sugar melts.
- As soon as it comes to a boil, do not stir at all. Simply lower heat and let it simmer for 15 minutes.
- Dip a pastry brush in some water and lightly brush the sides of the saucepan so that crystals don't form in your sweet.
- After 15 minutes, add the vanilla, lemon juice and orange zest.
- Simmer for another 15 minutes and repeat the same process with the pastry brush and water on the sides of the bowl.
- When ready, remove the syrup from heat and let it cool for 5-8 minutes.
- Then refrigerate for 30-40 minutes to chill completely.
- When ready, beat in a mixer for 10-15 minutes on medium speed using the hook attachment.
- It will be ready when the mixture turns very white and is thick, sticky and elastic.
- Transfer to a [sterilized jar](#).
- Chill and serve in cool water.