

Creamy Caramel Sauce

Makes about 1 1/2 cups

1 cup sugar

1 cup heavy cream

Combine the sugar with 1/4 cup water in a medium saucepan. Dissolve the sugar over medium heat, stirring until the mixture is clear. Increase the heat to high and cook, swirling the pan to cook evenly but no longer stirring, until the caramel is a deep amber. (Check the color by carefully drizzling some onto a white plate.) Don't worry if the sugar hardens while cooking, simply stir it and continue cooking until it smooths out. Take the pot off the heat and carefully whisk in the cream. The caramel will sputter so be careful as it's very hot. Return the sauce to the heat and bring to a boil, whisking constantly, until smooth, 2 to 3 minutes. Let cool a bit before serving but serve warm.

Recipes adapted from Stir: Mixing It Up in the Italian Tradition by Barbara Lynch and published by Houghton Mifflin