



Dulce de Leche

Dulce de leche can be used for many things. It literally translates to candy of milk and is basically cooked condensed milk. There are different ways to achieve this caramel, thick state. In this video I use a pressure cooker but you can also make it in a slow cooker or pan. Here is what you need to do with a pressure cooker:

1 - 14 oz. can condensed milk

Water

Remove the label from the can and place it in a pressure cooker. Barely cover the can with water.

Cook the condensed milk for a total of 60 minutes. This includes the time it takes for the pressure cooker to start making pressure noise.

Wait until the cooker is completely cooled down before opening it. Carefully remove the can and cool it down completely, as well, before opening it.

Enjoy your dulce de leche as a filling for crepes, cookies, for making ice-cream. mousse or caramel apples.

2 TBS of Dulce de Leche - CALORIES 91.00; FAT 2.46 grs (sat 1.55; mono 0.68; poly 0.09); PROTEIN 2.24 grs ; FIBER 0.00 grs; CARBS 15.42 grs; CHOLESTEROL 9.63 mg; IRON 0.05 mg; SODIUM 36.00 mg; CALCIUM 80.51 mg