



Salted caramel lamingtons

1 hour, plus freezing time

Preparation time

1 hour

Cooking time

24 serves

Serves

INGREDIENTS

Caramel sponge

250 g caster sugar
180 ml cream
180 g butter, diced
2 tsp vanilla essence
1 ½ tbsp glucose syrup
320 g plain flour
1 ½ tsp bi-carb soda
¼ tsp fine sea salt
3 eggs
180 ml (¾ cup) milk

Caramel centre

120 g unsalted butter
Pinch fine sea salt
200 g dark brown sugar
200 g caster sugar
180 g golden syrup
80 ml cream

Caramel glaze

Reserved caramel centre
60 ml (¼ cup) water
320 g (2 cups) icing sugar, sifted

METHOD

Caramel sponge

1. Grease and line two 20 cm square cake tins.
2. Preheat the oven on Moisture Plus with Fan Plus at 160°C with 1 manual burst of steam. Place a baking and roasting rack on shelf positions 1 and 3.
3. Place sugar in saucepan and heat on medium heat, induction setting 6, swirling occasionally until the sugar melts.
4. Boil the sugar for 5 minutes, or until a golden colour is achieved. Remove from the heat and gently stir in cream and butter.
5. Stir through vanilla and glucose.
6. Continue to cook for 10 minutes, or until a thick consistency is achieved. Stand aside for 30 minutes to cool.
7. Meanwhile, sift flour, bi-carb soda and salt into a large bowl, stir through the cooled caramel.
8. In a separate bowl, whisk together eggs and milk until completely combined.
9. Add milk mixture to caramel batter and mix until completely combined.
10. Pour mixture evenly between the prepared tins.
11. Place into the oven on shelf positions 1 and 3, releasing the burst of steam immediately and bake for 30 minutes.
12. Remove from the oven and allow to cool for 1 hour.

Caramel centre

1. Melt butter in a large saucepan on medium heat, induction setting 6.
2. Increase to induction setting 7, add the salt, brown sugar, caster sugar and golden syrup.
3. Cook, stirring, for 3 minutes until sugar has dissolved. Remove from the heat.
4. Continue to stir while slowly adding the cream. Allow to cool.

Caramel glaze

1. Reserve a quarter of the caramel centre and set aside.
2. In a large saucepan, add the remaining caramel centre, the water and icing sugar. Cook on medium heat, induction setting 6, for 5 minutes until all the icing sugar has dissolved and glaze is shiny and thick.
3. Set aside and allow to cool slightly.

Assembly

1. Once sponges have cooled, remove from tins and trim darkened sides.
2. Spread the remaining caramel centre on top of one sponge and place the other on top.
3. Refrigerate for 10 minutes to allow the caramel centre to set.
4. Cut sponges into 4 cm squares or rounds using a small cutter. Freeze for 6 hours, or until firm.
5. Remove from the freezer and place on a wire rack over a deep tray.
6. Quickly pour warm glaze over lamingtons to cover completely.
7. Gently cover in desiccated coconut. Refrigerate for 10 minutes or until the glaze is set.

Hints and tips

- Keeping the glaze slightly warm will help when pouring the glaze onto the chilled lamingtons.
- Allow lamingtons to come to room temperature before serving, approximately 10 minutes.