

Dessert

Sweet Tea Dulce de Leche

Southern Living Magazine - May - 2011

Preparation Time: 15 minutes

Start to Finish Time: 13 hours 5 minutes

Serve over ice cream with salted nuts.

2 cups water

1 family-size tea bag

1 cup sugar

1 cup heavy cream

In a 3-quart heavy saucepan, bring the water to a boil.

Add the tea bag.

Remove from heat. Cover and steep for 10 minutes.

Discard the tea bag.

Add the sugar and stir until dissolved.

Bring the tea mixture to a boil over medium-high heat. Cook, stirring occasionally, for 10 more minutes or until the mixture turns amber brown and reduces to a honey-like consistency.

Gradually add the cream and cook, stirring constantly, for 1 to 2 minutes or until smooth. (The mixture will be very thin.)

Cool completely (about 30 minutes).

Cover and chill for 24 hours. (After chilling, the mixture will have the consistency of heavy cream.)

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 1600 Calories; 88g Fat (48.2% calories from fat); 5g Protein; 208g Carbohydrate; trace Dietary Fiber; 326mg Cholesterol; 108mg Sodium. Exchanges: 1/2 Non-Fat Milk; 17 1/2 Fat; 13 1/2 Other Carbohydrates.