

Fun to make and adored by children, you only have to look at the ingredients to see why. These balls of chocolate caramel are a recipe that reminds Valerie Black of her childhood in Argentina. Perhaps it was the fun she had as a child transforming them into tempting treats that paved the way for a career as jewellery designer to the rich and famous? Adjust the cocoa to taste and cover the Brigadeiros in anything from icing sugar to chocolate sprinkles. Adults with a sweet tooth love them with a dusting of cocoa.

BRIGADEIROS

Preparation time: 15 minutes

Cooking time: 30 minutes

Cooling time: 2 hours

1 can of condensed milk

2-3 tablespoons cocoa powder

unsalted butter for greasing

icing sugar, chocolate sprinkles, silver balls
or other covering

Pour the condensed milk into a saucepan, add cocoa to taste and place over medium heat. Stir the caramel regularly and with care because it will be very hot. Once it begins to thicken stir continuously until the caramel separates as you drag the spoon through it.

This will take about 30 minutes. Remove from the heat and set aside to cool for about 2 hours.

Sieve the icing sugar into a bowl. Once the mixture has cooled, rub some butter on your hands and, taking a spoonful of mixture at a time, roll it into balls in your palms, then drop each one into the icing sugar, chocolate sprinkles or silver balls, moving it from hand to hand to dust off any excess.

HINT: Keep children away from the hot caramel as it can cause serious burns.



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