



# Damariscotta Pumpkinfest & Regatta

October 5-14, 2013

## **Pemaquid Pumpkin Caramels**

**Submitted by: Nate Towne**

### **Ingredients**

- 1 1/2 cups heavy cream
- 2/3 cup pumpkin purée
- 1 teaspoon pumpkin pie spice
- 2 cups white sugar
- 1/2 cups light corn syrup
- 1/3 cup good maple syrup
- 1/4 cup of water
- 4 tablespoons unsalted butter, cut in chunks
- 1 teaspoon lemon juice
- 3/4 teaspoon fleur de sel (sea salt)

### **Instructions**

1. In a saucepan, combine heavy cream, butter, pumpkin puree and spices. Warm the mixture, but not to the point of boiling. Use a stick blender to completely combine spices and purée pumpkin pulp.
2. In a second medium-sized heavy bottomed pan (with sides at least 4 inches high,) combine the sugar, both syrups and water. Stir until the sugars are melted and let it boil until it reaches 244 degrees (the soft ball point on a candy thermometer). Very carefully add the cream and pumpkin mixture, it will foam up vigorously, and slowly bring mixture to 240 degrees as registered on a candy thermometer.
3. This will take a while -- 30-60 minutes -- but don't leave the kitchen, keep an eye on it, and stir occasionally. When it hits 230 degrees start stirring frequently to keep the mixture from burning.
4. As soon as mixture reaches 238 degrees pull it off the heat and stir in the lemon juice.



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5. Pour the mixture into a wide shallow bowl and allow to cool enough so as not to melt the chocolate shells. If necessary re-warm caramel in the microwave at 10-second intervals until soft like honey.
6. Melt and temper 1 lb of dark chocolate.
7. Prepare chocolate molds and fill shell with caramel and top with a little sea salt.
8. Finish shell bottoms with more tempered chocolate and allow to completely set up, before un-molding and serving.