

Recipe &  
Printables  
eBook

Dulce de  
Leche



# Homemade Dulce de Leche



## Materials

3 to 4 cans of sweetened condensed milk  
printable label

## Tools

large (stock) pot  
thongs

## Prep time

10 minutes

## Cooking time

2 to 3 hours

## Cooling time

several hours or overnight

## Storage & Shelf Life

Dulce de Leche can be stored at room temperature and has the same shelf life as the uncooked condensed milk.

**L**earn how to make Dulce de Leche! The name of this treat is Spanish and means “sweet made of milk” or “milk sweet”. It’s a rich, amber-coloured caramel spread that tastes delicious on its own, with ice cream or as a cupcake filling and also makes a great hostess gift or party favour. Dulce de Leche is incredibly easy to prepare, and you only need one ingredient, sweetened condensed milk. It’s created by cooking sweetened condensed milk for several hours. While cooking the sugar caramalises and the milk starts to thicken. By adjusting the cooking time, you can create various consistencies. We’ve created a handy chart that shows how the colour, flavour and consistency changes the longer you cook it. Once you’ve opened the first tin (can) of home cooked Dulce de Leche, you’ll come up with plenty of ideas how to use it.

## Instructions

It’s a good idea to work with several tins (cans) at a time. Ideally, use tins with a solid lid, as tab lids might open during the cooking process.

- 1) Remove the labels:** Remove the labels and make a note of the best-before date.
- 2) Prepare the pot:** Place the tins (cans) in a large pot and pour in water. The water should be 2.5 cm to 5 cm (1 in to 2 in) above the top of the tins (cans).
- 3) Cook the milk:** Bring the water to a boil, then immediately turn it down to a low simmer. Let cook for 2 hours. It’s important to watch the water level. The water should never fall below the top of the tins





# Homemade Dulce de Leche

## Video Tutorial



To watch the video tutorial, scan the QR code with your smartphone or enter the following link into your browser:

<http://chcotta.ge/bl0017>



(cans), so regularly fill up with additional water. It's best to use hot or warm water to not slow down the cooking process.

4) **Turn the tins (cans):** Using tongs, carefully turn the tins (cans) after 1 hour so the milk caramelises evenly.

5) **Let cool:** After 2 hours, take the pot of the oven and allow the tins (cans) to come to room temperature. Don't open the tins (cans) while they're still hot so you don't burn yourself.

6) **Apply printable labels:** When the tins (cans) are cool and dry, apply the labels and write down the best-before date so you know how long the Dulce de Leche can be stored.

### Gift Giving

Homemade Dulce de Leche is a great gift for those with a serious sweet tooth. You can prepare multiple tins (cans) in advance and store them until needed.

### Printable Labels

Our printable labels will make your gift look extra special! Simply print the labels on DIN A4 (210 mm x 297 mm) or US Letter (8.5 in x 11 in) self-adhesive paper. Cut out the labels along the grey line. Peel off the backing of the paper and wrap the label around the tins (cans).

### Adjust the cooking time to create different consistencies

Dulce de Leche can be cooked anywhere from 30 minutes to over 3 hours. By adjusting the cooking time you can create various consistencies. The longer you cook the milk, the more it will caramelize.

**Pourable:** For a runny consistency, cook the milk no longer than 1.5 hours. The caramel is light and still pourable, making it the perfect accompaniment to ice cream or coffee.

**Spreadable:** Simmering the tins (cans) for 2 hours will result in a spreadable Dulce de Leche. It's a little darker and you can use on toast or sandwich it between cookies.

**Cuttable:** Cooking Dulce de Leche for 3 hours will make it dark and firm, almost cuttable, and can be used as a filling for cakes and pies. This version has a strong caramel flavour.

On the next page, you find a chart that shows how the colour, flavour and consistency changes the longer you cook it.



# Dulce de Leche - Cooking Time

Use this chart to determine the cooking time for the tins (cans). The Dulce de Leche gets firmer the longer you cook the tins (cans) and the caramel flavour becomes more prominent. The flavours are all delicious, and creating various consistencies can be handy depending how you wish to use the Dulce de Leche.

COLOUR	COOKING TIME	FLAVOUR	CONSISTENCY
	uncooked	milky	runny
	1/2 hr	rummy	pourable
	1 hr	maple syrup	creamy
	1 1/2 hrs	brown sugar	butter-like
	2 hrs	butterscotch	spreadable
	2 1/2 hrs	classic caramel	chewy
	3 hrs	caramel with a light bitterness	cuttable



# Thank you

**T**hank you for downloading this publication! We hope you enjoyed reading through this tutorial and feel confident to try it out yourself. In this last section, we have put together some information that we think might be useful to you. We hope to see you back soon at Country Hill Cottage!

## About Country Hill Cottage

Country Hill Cottage is a British design and lifestyle brand inspired by the English countryside, heritage and cottage life. It's our mission to inspire and please you.

## FREE eBook

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