

# GOURMET FISHING

Season IV- Episode 08



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## Charleston Benne Brittle



Host, Chef & Guide, David Murray





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Charleston Benne Brittle





## Grocery List

# Charleston Benne Brittle

Sugar	Vanilla Extract
Glucose	Baking Soda
Water	Benne Seeds
Butter	



Charleston Benne Brittle Ingredients

# Charleston Benne Brittle

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## Ingredients

- 2 Cups Sugar
- 2 Tbs Glucose or White Corn Syrup
- 1/4 cup Water
- 2 Tbs Butter
- 2 tsp Vanilla Extract
- 1 tsp Baking Soda
- 3/4 cups Benne Seeds, toasted & warm

Add the sugar to a heavy bottom pot over medium-high heat. Next add the water and stir to combine. Add the glucose or corn syrup and stir to combine and continue to cook until the mixture reaches 250OF. In a small pan over medium-high heat, add the benne seeds and begin to toast the seeds. this will take 4-5 minute. Continue to move the seeds around to prevent burning. When the seeds begin to smoke slightly, turn the heat off and continue to toss the seeds. Don't forget the check on the sugar mixture and to stir. When the seeds begin to pop and they give off a nutty smell remove the pan from the stove and transfer to a small plate. They are hot so be mindful.

When the sugar mixture reaches 250OF, add the hot, toasted benne seed and stir to combine. Continue to cook the seed, sugar mixture until it reaches about 275OF, then add the butter and stir to combine and then the vanilla and stir to combine.

Cook until the mixture reached 300OF and is a caramel brown. Remove from the heat and add th baking soda. Stir to combine completely and pour the hot liquid brittle mixture into an small oiled baking pan. spread the brittle mixture out and it should be about 1/4" thick.

let cool and when the brittle is just about hard, but still warm. Score the top of the brittle with a knife in a cross hatch pattern. Maybe 2"x2".

Let cool completely and then break the brittle apart along the score line.

Enjoy



# Gourmet Fishing



We catch fish, and then, We cook our catch...



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