

CakeFlix

Traditional Scottish Tablet

1. In a deep thick based pan (Paul uses a soup pan), combine the water, milk, butter and caster sugar. Put on a low to medium heat. Continuously mix until the sugar and butter has dissolved into a golden liquid.
2. Now it's time to turn the temperature up to a medium heat until a gentle boil. Once into a gentle boil keep checking your thermometer until you reach 114 degrees Celsius (237.2 Fahrenheit). Once you reach this temperature you want to add 200 ml of condensed milk. Once the all condensed milk is added, whisk for about 1 minute.
3. Now increase the temp by a few more degrees. There is no need to continually stir at this stage, keep checking until you reach 118 degrees Celsius (244.4 Fahrenheit). Once at this temp, remove from heat and pour into a clear mixing bowl.
4. Set to one side for 4 minutes then whisk for 3-4 minutes until it begins to thicken. Now all that is left is to pour it into a pan and leave it to set then enjoy!

Ingredients

- 150ml water
- 150ml semi skimmed milk
- 125g unsalted butter
- 900g caster sugar
- 200ml condensed milk Tools

Tools

- Thick based pan
- Whisk
- Wooden spoon
- Thermometer
- Mixing bowl
- Hot plate
- 20cm x 29cm baking tray with sides