

Carbone Dolce – Sweet Coal

Carbone dolce is a dolce (sweet) that la Befana gives to children il sei gennaio (January 6th).

Why not try and make *carbone dolce* yourself?



1kg of white sugar

300ml of water

1 egg white

¼ cup icing sugar



Black food colouring (or whatever colour you like!)

Flavouring of your choice (peppermint, aniseed, strawberry, etc.)

Remember to be safe in the cucina (kitchen)!

DO NOT COOK WITHOUT PARENT PERMISSION AND SUPERVISION

Lightly grease or line a cake slice tin. Beat the egg white until it is light and fluffy and forms peaks. Add the icing sugar and beat in well. You may like to add some colouring to the egg white to make the *carbone* (coal) black right through otherwise white patches might appear.

Bring the water and sugar to the boil stirring to ensure the sugar dissolves well. Keep it boiling until it reaches the caramel stage which is 120 degrees celsius. Check this by using a candy thermometer (If you don't have one – like I don't – I keep boiling the mix until a drop of it turns hard / stringy when dropped into cool water). It will take quite a few minutes for this to happen.

(Be EXTREMELY careful, boiling sugar can cause burns!)

Add the food colouring, approximately a teaspoon. Add the flavouring as desired. Stir in quickly.

Add the egg mixture and fold in very quickly as best you can. It will start to foam and rise.

Turn out into the tin and spread out as evenly as you can. Again you need to work very quickly as it sets almost immediately (if it doesn't the sugar wasn't cooked long enough!)

Let it cool completely in the tin.

Turn it out and break into chunks using a knife.

Mangia, mangia!