



# Make Scottish tablet

Celebrate Scotland's national day with this sweet, crumbly treat.

## What you need

- 60g **butter**
- 250ml semi-skimmed **milk**
- 900g cane or granulated **sugar**
- A 397g tin of condensed **milk**
- Saucepan (ideally non-stick)
- 20cm square cake tin
- Baking parchment
- Whisk
- Sugar thermometer or spoon and bowl of ice-cold water

**S**t Andrew's Day is on 30 November, when people celebrate Scotland's patron saint. Patron saints are people chosen as special protectors for a place, person, group or country. Nobody really knows why Andrew is Scotland's patron saint but St Andrew's Day is an official holiday in the country. Some schools close and lots of people have parties and eat traditional Scottish food.

Tablet is a Scottish sweet, often eaten during celebrations. It's sometimes compared to fudge, but it's crumbly and melt-in-the-mouth rather than smooth and chewy. Simple and quick to make, tablet will then keep for a couple of weeks if you store it in an airtight container. Try making it for St Andrew's Day and, if it's a success, you could make more for Christmas presents. This recipe involves bubbling hot sugar, so make sure an adult is around to help you.



- 1 Add the butter and milk to the pan, on a medium heat. Allow the butter to melt, and gently whisk to mix.
- 2 Add the sugar slowly and whisk to mix it in. Allow it to come to the boil (so it's bubbling, but lightly) for about four minutes.
- 3 Pour in the condensed milk slowly while stirring (it helps to have two

people here), so the mixture doesn't stick to the bottom of the pan. Bring it back to a low boil for about 20 minutes, stirring frequently, until the mixture is thick and a caramel colour.

**4** The mixture is ready when it reaches about 120°C. Test it with a sugar thermometer. If you don't have one, ask an adult to drop a spoonful of the mixture into a bowl of ice-cold water. If the mixture in the water feels like a soft ball, it's ready.

**5** Take the pan off the heat and leave to cool for five minutes, then beat the mixture with the whisk until it starts to set (becomes firm) – this can take while. Line the tin with baking parchment and pour the mixture into the tin. Leave it to set in the fridge for at least two hours, then remove from the tin and cut into squares.

## Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at [tinyurl.com/TWJ-allergy](https://tinyurl.com/TWJ-allergy)



## WARNING!

Take care when cooking as the mixture will be very hot. Ask an adult for permission before you cook.

## RICH TASTES

Tablet has been traced back to the 18th century, when it was made from sugar and cream.



ADOBE STOCK - ALAMY

Head to [theweekjunior.co.uk/activityhub](https://theweekjunior.co.uk/activityhub) for more crafts and recipes.



SCAN ME