



STAFF
ASSEMBLY

Cooking with Chef Anthony

Staff Appreciation Week, 2024

Homemade Caramel Apples - History



The story of caramel apples traces its roots back to the early 20th century. While there is some debate about the exact origin, many believe that the first caramel apples were created by accident. According to one popular legend, a Kraft Foods employee named Dan Walker in the 1950s was experimenting with leftover Halloween caramels and dipped apples from his family's orchard into the mixture. This accidental discovery soon led to the creation of caramel apples as we know them today. For the first decade or so, caramel apples were made by hand. In 1960, Vito Raimondi of Chicago, Illinois made and patented the first automated caramel apple machine.

October 31st is National Caramel/Candy Apple Day.

Homemade Caramel Apples - Recipe

Caramel Apple Recipe



8 Apples



$1\frac{3}{4}$ Cup Heavy Cream



1 Cup Light Corn Syrup



2 Cups Brown Sugar



$\frac{1}{4}$ Cup Unsalted Butter



$\frac{1}{2}$ Teaspoon Kosher Salt



$\frac{1}{2}$ Teaspoon Vanilla Extract



1. Prep the apples: Rinse the apples with water, then wipe completely dry. Removing the slippery waxy coating will help the caramel seal to the apple. Remove the apple stem and insert a caramel apple stick about $\frac{3}{4}$ down into the apple.
2. Grease a large baking sheet with butter.
3. Make the caramel: Combine the heavy cream, corn syrup, brown sugar, butter, and salt in a 3-quart heavy-duty saucepan, over medium heat. Do not turn the temperature up or down—keep at medium the entire time the caramel cooks. Stir constantly with a wooden spoon until the butter is melted. Once melted, brush down the sides of the pan with a water-moistened pastry brush and attach a candy thermometer to the pan, making sure the bulb is not touching the bottom of the pan (as you'll get an inaccurate reading).

Homemade Caramel Apples - Recipe

- Without stirring, let the mixture cook and bubble until it reaches 235°F (113°C). Some readers have been cooking to 240°F (116°C) and saying the caramel sticks much better to the apples that way. Stick with anywhere between 235°F – 240°F. Reaching this temperature should take about 15 – 20 minutes, though don't use time as your guide because it depends on your stove. Don't be alarmed if your caramel is taking longer, just use the candy thermometer as your guide. The temperature will heat up slowly, then move quickly, so keep your eye on the pot. Once at 235°F – 240°F, remove caramel from heat and stir in the vanilla. Avoid over-stirring which can create air bubbles in the caramel (and then on the apple). Allow caramel to cool for 10-15 minutes until slightly thickened. If caramel is too thin to coat apples, let it cool and thicken for 5-10 minutes longer.



Homemade Caramel Apples - Recipe

5. Dip the apples: Holding the caramel apple stick, dip the apple into the warm caramel, tilting the pot as needed to coat all sides of the apple. Lift the apple up and swirl it around or gently tap it against the side of the pot to let excess caramel drip off. Place coated apple on prepared pan. Repeat with remaining apples. Enjoy immediately or allow caramel to set, about 45-60 minutes.

6. If desired, you can add toppings. Immediately after coating in caramel and before the caramel sets, roll the caramel dipped apples in finely chopped nuts, toffee pieces, mini-M&Ms, sprinkles, or coconut. You can even drizzle with melted chocolate or white chocolate, too.
7. Loosely cover and store the leftover dipped apples in the refrigerator for up to 1 week.



Homemade Corn Dogs - History



In 1927, Stanley S. Jenkins had his invention—the corn dog, patented. However, years later, people started crediting a man named Neil Fletcher for the same snack at the Texas State Fair in 1942. Similarly, a year before, Pronto Pups claimed to invent the snack at the Minnesota State Fair. On top of that, Cozy Dog Drive-in, in Springfield, Illinois, also claimed to be the first to serve customers with corn dogs on sticks. Nevertheless, despite these claims, it's still Stanley S. Jenkins who is recognized as the creator of the original corn dog.

Homemade Corn Dogs - History

The corn dog was first made as just a sausage rolled in cornbread battered and fried. Many years later, sticks were added to corn dogs as a unique food-holding tool that would later create the modern corn dog.

Corn dog plays such a big role in the lives of Americans that it even has its own holiday. In 1992, it was made official that every 19th of March should from then on be known as National Corn Dog Day. At present, this holiday is celebrated in more than 30 states and in the District of Columbia and Australia. In Mexico, the corn dog is called a *banderilla*, which translates to "small flag." In New Zealand, it's often called a "hot dog" or "mini hot dog." In South Africa, it's often called a "yankee" in Afrikaans.



Homemade Corn Dogs - Recipe

Corn Dog Recipe



8 Hot Dogs & 8 Sticks



1 Gallon Fry Oil



Batter Recipe:

1/2 Cup Yellow Corn Meal



1/4 Cup ALL-Purpose Flour



1/4 Cup Granulated Sugar



1 Tablespoon Baking Powder



1/4 Teaspoon Kosher Salt



1 3/4 Cup Buttermilk



1 Large Egg



1 Tablespoon Vegetable Oil



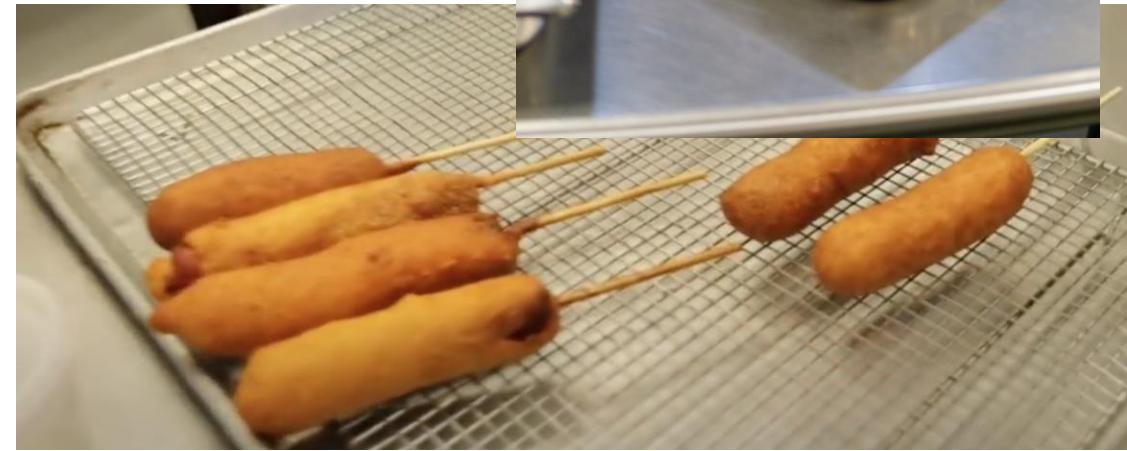
1 Tablespoon Honey



1. Pour 2-3 inches of oil in a large pot or Dutch oven and heat to 350°F over medium heat. Utilize your sugar thermometer.
2. Pat the hot dogs dry with paper towels. Insert sticks into hot dogs.
3. Whisk together dry ingredients (corn meal, flour, sugar, baking powder and salt). Whisk together wet ingredients (buttermilk, egg, 1 Tbsp oil and honey). Combine wet and dry ingredients and whisk to combine.

Homemade Corn Dogs - Recipe

4. Pour batter into a drinking glass almost to the top and dip hot dogs. Put corndog straight down into batter and give it a little twirl to fully coat the hot dogs then swirl as you lift up. Let excess drip off.
5. Hold corn dog at an angle in the hot oil for 5-7 seconds to let it seal then drop into oil (this keeps them from sticking to the bottom of the pot).
6. Fry 3 minutes or until golden brown. Fry up to 2-3 at a time (so you don't drop the temperature of the oil), turning them as needed to brown evenly. Transfer to a wire rack to cool.





Tools - Stainless Steel Deep Fry Food Thermometer



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UC Merced Staff Assembly



Special Thanks To:

Executive Chef, Anthony Pangelina

Executive Sous Chef, Jonathan Gutierrez Santiago

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