

[Salted Pumpkin Caramels](#)

adapted from [The Tart Tart](#) and [Food 52](#)

printed from [Smells Like Food in Here](#)

1/2 c [raw, unsalted pepitas](#)

1 1/2 c heavy cream

2/3 c [pumpkin puree, drained](#)

1 tsp [pumpkin pie spice](#)

2 c sugar

1/2 c light corn syrup

1/3 c maple syrup

1/4 c water

4 tbsp unsalted butter, cut in chunks

1 tsp lemon juice

3/4 tsp [sea salt](#)

Line the bottom and the sides of a 9-inch square baking pan with parchment paper. Butter the parchment bottom and sides.

Toast the pepitas in a large skillet over medium heat, tossing occasionally, until they begin to pop. Cool.

Spread the pepitas evenly on the parchment lined pan.

In a small saucepan, combine heavy cream, pumpkin puree, and spice. Warm the cream mixture over medium heat until heated through but not boiling. Set aside.

In a larger heavy bottomed saucepan, with sides at least 4 inches high, combine the sugar, corn syrup, maple syrup, and water. Stir over medium heat until the sugars are melted.

Allow the mixture to boil until it reaches 244°F, stirring occasionally.

Very carefully, slowly add the cream mixture. Expect the boil to become a furious uproarious event once the first drop of cream is added.

Stir the mixture occasionally until it reaches 230°F and then continuously until it reaches 240°F.

Remove the saucepan from heat and stir in the butter and lemon juice. Stir vigorously so that the butter is fully incorporated.

Pour the mixture into the prepared pan.

Let cool 30 minutes, then sprinkle the salt on top.

Let the caramels fully set (at least 2 hours) before cutting them into 1-inch squares with a sharp knife. Wrap in wax paper.

Okay, so they were really soft and sticky. Caramel stuck to the knife. So I made it a point to rinse the knife under hot water, wipe dry, and then cut. I did this for each of the 14 cuts.

Transfer each caramel to a mini liner.