



New Orleans Pralines

Total: 25 mins

Prep: 15 mins

Cook: 10 mins

Yield: 15 pralines (15 servings)

Nutritional Guidelines (per serving)

216	11g	30g	1g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

138 RATINGS

Pralines are sweet confections made primarily out of sugar and nuts. This hard candy is then sometimes ground and used as filling in other candies, but it stands by itself as a delightful treat. In [New Orleans](#), praline is an institution. Brought to Louisiana by French immigrants, the recipe quickly adapted to the plentiful amounts of pecans in Louisiana, swapping the original almonds and hazelnuts for the local Southern nut, also adding cream or evaporated milk.

Our praline recipe produces sweet, slightly crumbly brown sugar candies loaded with toasted pecans. It's important that the pecans are well-toasted so they impart maximum flavor and crunch to the candy. But more importantly, use a candy thermometer to make sure the sugar is cooked to the right temperature. Otherwise, you might end up with a goeey mess on your hands.

Ingredients

- 1 cup sugar (white)
- 1 cup brown sugar (packed)
- 1/2 cup evaporated milk
- 4 tablespoons butter (cubed)
- 2 teaspoons vanilla extract
- 1 1/2 cups pecans (toasted and coarsely chopped)

Steps to Make It

- 01 Gather the ingredients.
- 02 Prepare a baking sheet by lining it with aluminum foil and spraying the foil with nonstick cooking spray. Alternatively, use a silicone mat on top of the baking sheet.
- 03 In a medium saucepan combine the white sugar, brown sugar, and evaporated milk. Warm up the mixture over medium heat.

- 04 Stir until the sugar dissolves. Once all is well mixed, insert a [candy thermometer](#). Cook the candy, stirring occasionally until the thermometer reads 240 F.
- 05 Once the proper temperature is reached, remove the pan from the heat and drop the cubes of butter on top, without stirring. Allow the sugar mixture to sit for 1 minute.
- 06 After 1 minute, add the vanilla extract and the pecans. Begin to stir smoothly and constantly with a wooden spoon. Soon after the candy will begin to thicken and appear lighter in color.
- 07 Continue to stir until the candy starts to hold its shape. It should still be easy to stir, but don't overdo it, as pralines quickly go from fluid to rock-solid.
- 08 Once the confection has a lighter opaque-brown color and is holding its shape, work quicky and drop small spoonfuls of the candy onto the prepared baking sheet. Because the pralines will start to set in the saucepan you need to spoon out the candy as fast as you safely can. If the candy stiffens before you're done scooping, add a spoonful of boiling hot water and stir until it loosens, then continue scooping until you have formed all the pralines.
- 09 Allow the candy to fully set at room temperature, for about 30 minutes. Store the pralines in an airtight container at room temperature.
- 10 Enjoy!

Use Other Nuts

- Although you need pecans to call this confection a New Orleans praline, the same recipe works well for other nuts. Simply swap the pecans for roasted almonds, hazelnuts, pistachios, cashews, walnuts, or even peanuts.
- If you want to make a special praline for someone with a nut or peanut allergy, use pepitas or sunflower seeds to give the mixture that great crunch.

Recipe Tags:

