

Chocolate Mint Fudge

From Walter, resident at Parkland at the Lakes



"It all started 10-15 years ago in Pictou Landing when my wife Jessie and I wanted to show retail workers that we appreciated them. Jessie started making chocolate mint fudge and we handed it out each time we shopped. It grew from that and we started giving it to nurses, dentists, doctors and garage mechanics. Jessie eventually became known in the community as "The Fudge Lady". I can still remember seeing the dentist going with a piece of fudge in each hand! When we traded cars, the salesman at the dealership was excited to have us because they knew that they were going to get some fudge. I still reminisce the memories I have making this fudge recipe with my wife and all the times I would stir the mix for her. Once she got sick, I continued the tradition for her. Now, I make the fudge for people here at Parkland at the Lakes."

Ingredients

1 2/3 cup white sugar
2/3 cup undiluted carnation evaporated milk
2 tablespoons butter
1/2 teaspoon salt
1 1/2 cups Chipits (mint is great)
2 cups mini marshmallows
1 1/2 cups nuts (optional)
1 teaspoon vanilla

Method

Combine sugar, milk butter and salt in medium saucepan.
Cook and stir over medium heat until mixture comes to a boil.
Boil 4-5 minutes (Walter does 4.5 minutes).
Stirring constantly. Remove from heat. Stir in marshmallows, chocolate chips (nuts and vanilla optional). Stir vigorously until marshmallows melt and blend.
Pour into foil-lined 8-inch square cake pan.
Chill and cut into squares.

Tip from Walter: Prepare the pan before you start!

