

VANILLA HONEY MARSHMALLOWS

water 3/4 cup
vanilla beans 2
vanilla bourbon 3 Tbs
salt 1/4 tsp
envelopes gelatin 4

sugar 3 cups
corn syrup 1/4 cup
honey 3/4 cup
water 1/2 cup

DUSTING POWDER
equal parts:
rice flour
confectioners sugar

Aquisition of a new stand mixer for Christmas immediately brought the challenge of making marshmallows to the front of my mind. Based on Nightscotsman's famous recipe for Strawberry Marshmallows from the forum eGullet, this recipe variation offers a nice note of honey with the slight crunch of vanilla bean seeds.

Line a 9" x 13" pan and a loaf pan with parchment paper. Coat the paper with vegetable oil or non-stick spray.

Fit the stand mixer with the whisk attachment. In the mixer bowl combine the 3/4 cup of water with the inner scrapings of the vanilla beans, the vanilla bourbon (or 1 Tbs vanilla extract) and salt. Mix briefly to combine and sprinkle the gelatin over to bloom (soften).

Add the sugar, corn syrup, honey, and remaining 1/2 cup water to a heavy saucepan. Bring to a boil with the lid on and without stirring. When this mixture is at a boil, remove the lid and continue to cook without stirring until it reaches the soft-ball stage (234-240 F).

With the mixer at full speed, pour

all of the hot syrup slowly down the side of the bowl into the awaiting gelatin mixture. Be careful as the hot syrup is very liquid and hot at this point and some may splash out of the bowl - use a splashguard if you have one.

Whip until the mixture is very fluffy and stiff, about 8-10 minutes. Pour mixture into the parchment-lined pans and smooth with an oiled offset spatula if necessary. Allow the mixture to sit, uncovered at room temp for 10 to 12 hours.

Mix equal parts rice flour and confectioners sugar and sift generously over the rested marshmallow slab. Turn the slab out onto a cutting board, peel off paper and dust with more sugar/starch mixture. Slice with a pizza cutter into desired shapes. Dip all cut edges in sugar/starch mixture and shake off excess powder.

Marshmallows will keep several weeks at room temp in an air-tight container.

MAKES A LOT OF MARSHAMLLAWS