

BASIC VANILLA MARSHMALLOWS

gelatin envelopes	4	2	sugar	3 cups	1 ½ c
water	¾ cup	¼ c + 2 T	water	¾ cup	¼ c + 2 T
vanilla extract	1 Tbs	1 ½ tsp	corn syrup	1 ¼ cups	½ c + 2 T
			salt	½ tsp	¼ tsp
			rice flour		
			confectioners sugar		

red text denotes half recipe amounts

Homemade marshmallows are such a surprisingly easy to make treat to have in hand.

They are a means unto themselves, but can also be incorporated into your favorite recipes. Dipped in chocolate, these marshmallows make themselves to be even more of a gourmet breath of flavor to lick off of your fingertips.

Line a 9" x 13" (8" x 8") pan and a loaf pan with parchment paper. Coat the paper with vegetable oil or non-stick spray.

Fit a stand mixer with the whisk attachment. In the mixer bowl combine the ¾ cup of water (¼ c plus 2 Tbs) with vanilla extract. Sprinkle the gelatin over the liquid to bloom (soften).

Add the sugar, salt, corn syrup, and remaining ¾ cup water (¼ c plus 2 Tbs) 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 medium 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. When all of the syrup is added, bring the mixer up to full speed.

Whip until the mixture is very fluffy and stiff, about 8-10 minutes. Pour marshmallow 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 MARSHMALLOWS

FLAVOR VARIATIONS:

- #1 Replace first measure of water (with which the gelatin is bloomed) with ½ cup (¼ cup) fruit puree and ½ cup (¼ cup) of water.
- #2 Replace one third of the sugar with ground up flavored sugar candies.