



marshmallow recipe

ingredients

1 cup water
1 cup sugar or honey (you can also make a combination of both – 1/2 cup each)
2 tablespoons of organic gelatin
dusting which is made up of equal parts icing sugar and corn starch

optional:
flavouring of your choice such as vanilla extract, fruit juice or pulp, syrup, etc.
2 teaspoons of marshmallow root or other herbs
whatever else you think might be nice to add :o)

how to make the marshmallows

Before you start I recommend you prepare a baking dish and line it with parchment paper or a thin layer of oil plus a dusting. Once the marshmallow cream is ready there is no time to waste as it hardens very quickly.

If you'd like to use any herbs such as marshmallow root, put it in a cup and pour half a cup of boiling water over it. Cover and let sit for about 15 minutes. Strain and top up with water to make sure you have half a cup. Also include in that half cup any fruit juice or syrup. And you can of course just use half a cup of straight water. Make sure it is warm no matter what option you choose. Put that half cup of liquid in a mixing bowl and sprinkle the two tablespoons of gelatin on it. Gently stir in the gelatin and let it "bloom" while you make the sugar/honey syrup.

Put your other half cup of water in a small saucepan. There is no flavouring in this half cup as it will be heated up quite high which ruins most flavours. Slowly pour your sugar or honey into the middle of the saucepan with the water. Slowly bring this mixture to a gentle boil without stirring. The temperature of this sugar/honey syrup should reach a temperature of 115° Celcius (240° F) which takes about 8 minutes of gentle boiling.

Now go back to your gelatine mixture and slightly break it up a bit ... it will have hardened in the meantime. Turn on the mixer with whisk attachment to a slow setting. With the mixer going slowly start pouring your sugar/honey syrup into the gelatine mixture. Please do go slow and be very careful as the sugar syrup is super hot! Once the sugar/honey syrup has been poured in turn the mixer to high and whisk for about 10-15 minutes or until it forms a stiff, gooey, yummy cream that forms soft peaks.

Now you have to work fast! Pour that cream into the prepared dish and even it out a bit. Set it aside for at least 4 hours or overnight at room temperature. Never put the marshmallows into the fridge as for some reason it ruins them. Once the marshmallows have hardened flip onto a dusted surface and cut into pieces with an oiled knife. Dust the cut pieces and store in an airtight container for up to 3 weeks.
Enjoy and don't eat them all at once :o)