

HOMEMADE MARSHMALLOWS



INGREDIENTS

- 1 cup boiling water
- 4 tbs gelatin
- 1 cup rice malt syrup
- 2 vanilla beans (scrape out the seeds and discard the pods)
- coconut oil (to grease a knife)

PREPARATION

It's best to have a candy thermometer for this recipe.

METHOD

1. Pour $\frac{1}{2}$ cup boiling water and gelatin into a mixer bowl and using a whisk beater, mix until combined.
2. In a small saucepan, heat the rice malt syrup and $\frac{1}{2}$ cup of boiling water on low heat until it reaches 40-50°C. Be sure to keep the heat on low. This will only take about 5 minutes.
3. Turn on your mixer to low speed with the gelatin/water in the bowl and very slowly drizzle in the syrup mixture.
4. Once all the syrup mixture is in with the gelatin, turn the mixer on high and continue to beat until the mixture turns white and soft marshmallow peaks form. The moment it starts to thicken, add the vanilla. Try not to over-mix, as this will make the marshmallows hard to spread out later. This will only take about 4 minutes, depending on your mixer* (see tips below).
5. This is when you have to work quickly! As soon as your marshmallow forms soft peaks, spread the mixture into a rectangular pan lined with baking paper.
6. Put the pan aside to let the marshmallows set for 4-8 hours (not in the fridge!).
7. Once set, cut into squares using a pizza cutter or knife that has been greased with coconut oil.

STORAGE, VARIATIONS & TIPS

- * Store for about one week in an airtight container in a cool, dry place.
- * I used a Kitchenaid mixer with a whisk beater for this recipe and it only took 4 minutes for the marshmallow to beat to the right consistency (this includes the time to mix in the vanilla). Stop beating after 2-3 minutes to add vanilla and check consistency as over mixing will ruin the marshmallow texture and make it impossible to spread into a tray!
- * For a delicious variation, try adding 2 tsp rose water to the mix in step 4.
- * Once cut into squares, try rolling your marshmallow bites in coconut, cocoa powder or icing sugar. For an extra treat, dip them in melted chocolate or colour the coconut.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.

PREPARATION TIME: 5 MINS

COOKING TIME: 15 MINS +

4-8 HRS TO SET

SERVES: APPROX 100 BITE SIZE
MARSHMALLOWS