

Homemade Marshmallows

<http://userealbutter.com/2012/03/27/homemade-marshmallows-recipe/>
from [David Lebovitz](#)

1/2 cup (125 ml) water
2 envelopes or 17 g powdered gelatin or 8-10 sheets of sheet gelatin
1/3 cup (80 ml) cold water
1 cup (200 g) sugar
1/3 cup (100 g) light corn syrup
4 large (1/2 cup or 110 g) egg whites, room temperature
pinch salt
2 tsps vanilla extract or 1 tsp vanilla paste
1 tsp almond extract (my addition – so good!!)
1 cup (140 g) confectioner's sugar
1 cup (140 g) corn or potato starch

Place 1/2 cup of water in a small bowl, sprinkle the gelatin (if powdered) over the water, and let sit. If using sheet gelatin, David says to soak the sheets in 2 cups of cold water. Mix the 1/3 cup of cold water, sugar, and light corn syrup in a small saucepan over medium-high flame. Slap a candy thermometer on there so you can monitor the temperature. Beat the egg whites on low speed in the bowl of a stand mixer fitted with the balloon whisk until they become frothy. Add your pinch of salt to the foamy egg whites. As the syrup reaches 210°F/99°C (in my case, 193°F – reduce by 2° for every 1000 feet above sea level), turn the mixer to high and beat the whites until thick and fluffy.

When the syrup gets to 245°F/118°C (for me, 228°F), pour the hot sugar syrup in a slow, steady stream into the side of the mixing bowl while the whisk is still running. Do your best to avoid pouring the sugar onto the whisk lest you want 1) hot sugar sticking to the sides of the bowl or 2) hot sugar sticking to you. Keep beating! Empty the gelatin into the saucepan which should still be pretty warm/hot. If using sheets, place the sheets and 2 tablespoons of water into the pan. Give it a stir – if the pan is still warm, the gelatin should dissolve in a minute. Pour the liquid gelatin into the mixer as you did the sugar syrup with the whisk screaming around the bowl on high speed. Add the vanilla extract and, if using, the almond extract. Continue whipping the marshmallow fluff for about 5 minutes or until the bowl is cool to the touch.

While the fluff is whipping, mix 1 cup of confectioner's sugar and 1 cup of corn (or potato) starch together to make the marshmallow mixture. Grease a square or rectangular baking pan with vegetable oil. If you want tall marshmallows, use something like an 8- x 8-inch or 9- x 9-inch pan. If you want thinner (shorter) marshmallows, go with a 9- x 13-inch pan. Dust the greased pan with some marshmallow mixture and pour the marshmallow into the pan. Spread it evenly and smooth the surface. Let dry for 4 hours or overnight, uncovered.

Dust the top of the marshmallow layer with more marshmallow mixture. Place a cup of the marshmallow mixture in a large bowl. Loosen the sides of the marshmallow layer from the pan with a knife. Turn the marshmallow sheet out (you may have to tug on it – it's okay). David uses scissors to cut the marshmallow into pieces. I used a knife. Use what you want (pizza cutter too). Toss the marshmallow pieces into the bowl with the mixture and coat the marshmallows. Shake out the excess powder using a wire strainer. [David also shows a neat technique of dusting a baking sheet with marshmallow mixture and plopping spoonfuls of fluff onto them - pretty cool.] Store for up to a week in an airtight container. Makes about 25 1.5-inch squares.