

# Marshmallow



## Ingredients list

- 2 large eggs
- 9 leaves of gelatine
- 460g white caster sugar
- 1 tbsp liquid glucose
- 1 vanilla pod (vanilla extract if not available)
- 20ml sunflower oil (for the tin)
- 65g icing sugar
- 3 tbsp cornflour

*(2 teaspoons of powdered gelatine = 1 sheet)*

## Equipment list

FROM HOME: 8" x 12" dish  
with a minimum of 2" sides

- Electric whisk
- Glass bowl
- Saucepan
- Plastic spoon
- Measuring Jug
- Sieve

1. Put the gelatine in a deep bowl or jug and cover with 200ml cold water to soften. Leave for 5 mins.
2. Put the caster sugar, liquid glucose and 300ml water in a saucepan. Cook over a medium-high heat until the mixture reaches roughly 110°C (doesn't need to be exact!) on a digital thermometer – the colour should be a pale yellow and NOT ORANGE!!!. ***Be very careful when you work with hot sugar as it can splash a burn you! We only have 2 thermometers so we MUST share them – Teacher will come around with them to check your pans.***
3. Take the pan off the heat then add the softened gelatine AND the water they were soaked in to the hot sugar. ***Take care as the sugar can bubble up and spit.***
4. Stir until the gelatine has dissolved then carefully pour the mixture into a jug.
5. Using an electric whisk, beat the egg whites until stiff peaks form.
6. Keep whisking while you slowly pour in the warm syrup in a steady stream.
7. Keep beating the mixture until it is smooth and shiny, then add the vanilla seeds/extract.
8. Continue to use the electric beaters for around 8-10mins or until the mixture is noticeably thicker.
9. Line your dish with cling film and brush with oil.
10. Mix the icing sugar and cornflour together then sieve a third of the mixture into the tray to coat the inside.
11. Pour in the marshmallow mixture, level with a spatula and leave to set for 2 hours.

## AT HOME:

12. Spread a large sheet of baking parchment over your surface and sieve another third of the cornflour sugar mix over it.
13. Upturn the set marshmallow onto the dusted sheet and peel away the cling film. Dust with a little more of the cornflour sugar and dust a large sharp knife with it too.
14. Cut the marshmallows into small squares approx. 3cm x 3cm sieving a little more cornflour sugar over all cut sides and knife as you go. You may not need all of it but they need to be coated on all sides otherwise they will stick.
15. Serve straightway or keep in an airtight container for up to 2 days, separated with layers of baking parchment.