

The Epicure in Light

by Rob Davidson



Homemade Marshmallows

Nonstick vegetable oil spray
1 cup cold water, divided
3 1/4-ounce envelopes unflavored gelatin
2 cups sugar
2/3 cup light corn syrup
1/4 teaspoon salt
2 teaspoons vanilla extract
1/2 cup corn starch
1/2 cup powdered sugar

Line 13x9x2-inch metal baking pan with plastic wrap and coat lightly with nonstick spray. Pour 1/2 cup cold water into the bowl of heavy-duty mixer fitted with whisk attachment. Sprinkle gelatin over water. Let stand until gelatin softens and absorbs water, at least 15 minutes.

Combine 2 cups sugar, corn syrup, salt, and remaining 1/2 cup cold water in heavy medium saucepan. Stir over mediumlow heat until sugar dissolves, brushing down sides of pan with wet pastry brush. Attach candy thermometer to side of pan. Increase heat and bring syrup to boil. Boil, without stirring, until syrup reaches 240°F, about 8 minutes.

With mixer running at low speed, slowly pour hot syrup into gelatin mixture in thin stream down side of bowl (avoid pouring syrup onto whisk, as it may splash). Gradually increase speed to high and beat until mixture is very thick and stiff, about 15 minutes. Add vanilla and beat to blend, about 30 seconds longer. Scrape marshmallow mixture into prepared pan. Smooth top with wet spatula. Let stand uncovered at room temperature until firm, about 4 hours.

Stir corn starch and powdered sugar in small bowl to blend, and sprinkle some onto your work surface. Turn marshmallow slab out onto starch-sugar mixture; peel off wrap. Sift more starch-sugar mixture over marshmallow slab. Coat large sharp knife (or cookie cutters) with nonstick spray. Cut marshmallows into squares or other shapes. Toss each in remaining starch-sugar mixture to coat..... then enjoy!