

Marshmallows Home-Made

Written by Bhavesh Zaveri

Ingredients

Quantity:	Measure:	Ingredients:	Description:
6	Tablespoon	Dalda (Vegetable Ghee)	
3	Tablespoon	Gelatin	unflavored
Quarter	Teaspoon	Salt	
0.5	Teacup	Sugar, Confectioner'	For coating mar
2	Teacup	Sugar, Granulated	
3/4	Teacup	Syrup of Sugar (Rec.207)	Light
1.5	Teaspoon	Vanilla Essence	
1	Teacup	Water	cold

Method

1. Prepare a 9 x 13 x 2 inch pan as follows. Line the inside (bottom and sides) of pan with aluminum foil (Tip: Invert the pan to mold the foil prior to lining the inside. Place the foil in the pan and press it gently into place. Coat the foil thoroughly but lightly with vegetable shortening. Set aside.

2. Place 1/2 cup cold water in the large bowl of an electric mixer, Sprinkle the gelatin over the surface of the water and set aside.

3. Place the sugar, corn syrup, salt and the other 1/2 cup of water in a heavy 1 1/2 quart or 2 quart saucepan over moderately low heat. Stir until the sugar is dissolved and the mixture comes to a boil. Cover for 3 minutes to allow any sugar crystals on the sides of the saucepan to dissolve. Uncover and raise the heat to high, insert a candy thermometer, and let the syrup boil without stirring until the temperature reaches 240 degrees. Do not overcook. Remove from the heat.

4. Beating constantly at medium speed, pour the syrup slowly into the gelatin mixture. After all the syrup has been added, increase the speed to high and beat for 15 minutes or until the mixture is lukewarm, snowy white, and the consistency of whipped marshmallow, adding the

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vanilla a few minutes before the end of the beating. (Be careful while beating, as the marshmallow cools and thickens it will begin crawling up the beaters, if this occurs then its probably time to go on to the next step)

5. Pour the slightly warm and thick marshmallow mixture into the prepared pan. Smooth the top of the marshmallow.

6. Let stand uncovered at room temperature for 8 to 12 hours or longer if it is more convenient.

7. Sift confectioners sugar generously onto a large cutting board to cover a surface larger than your pan. Invert the marshmallow over the sugared surface. Remove the pan and peel off the foil. Sift confectioners sugar generously over the top of the marshmallow.

8. Cut into 1 inch strips using a sharp knife. (Tip: coat knife with vegetable shortening and confectioners sugar. After cutting the first slice, just keep the blade sugared to keep it from sticking.)

9. Dip the cut sides of each strip into confectioners sugar to coat them thoroughly.

10. Now cut each strip into 1 inch squares (You may wish to cut into larger squares so that they will fit onto your cooking utensil of choice). Roll the marshmallows in the sugar to coat the remaining sides. Shake off excess sugar.

11. Store in a plastic box or any airtight container / plastic bag.