

HOMEMADE MARSHMALLOWS

This is another recipe from Alton Brown. These are a lot of fun to make, taste great, and are actually a great gift idea. Try adding a few drops of food coloring just for fun!

INGREDIENTS:

3 packages unflavored Gelatin
1 Cup ice cold Water, divided
12 Ounces Granulated Sugar (approx. 1 ½ cups)
1 Cup Light Corn Syrup
¼ teaspoon Salt
1 teaspoon Vanilla Extract
¼ Cup Powdered Sugar
¼ Cup Corn Starch

DIRECTIONS:

Place the gelatin into the bowl of a stand mixer along with ½ cup of the water. Have the whisk attachment standing by.

In a small saucepan, combine the remaining ½ cup of water, granulated sugar, corn syrup and salt. Place over medium high heat, cover and allow it to cook for 3 to 4 minutes. Uncover, clip a candy thermometer onto the side of the pan and continue to cook until it reaches 240 degrees F. stirring occasionally, approximately 7 to 8 minutes. Once the mixture reaches 240, immediately remove it from the heat.

Turn the mixer on low speed and, while running, slowly pour the sugar syrup down the side of the bowl into the gelatin mixture. Once you have added all the syrup, increase the speed to high. Continue to whip until the mixture becomes very thick and is lukewarm, about 12 to 15 minutes. Add the vanilla (and coloring if desired) during the last minute of the whipping. While the mixture is whipping, prepare the pans as follows.

Combine the confectioners' sugar and corn starch in a small bowl. Lightly spray a 9 X 13 metal baking pan with non stick cooking spray. Add the sugar and corn starch mixture and move around to completely cover the bottom and sides of the pan. Return the remaining mixture to the bowl for later use.

When ready, pour the mixture into the prepared pan using a lightly oiled spatula for spreading evenly into the pan. Dust the top with enough of the remaining sugar and cornstarch mixture to lightly cover. Reserve the rest for later. Allow the marshmallows to sit uncovered for at least 4 hours, and up to overnight.

Turn the marshmallows out onto a cutting board and cut into 1 inch squares using a pizza wheel dusted with the sugar mixture. Once cut, lightly dust all sides of the marshmallows with the remaining mixture, using additional if necessary.

Store in air-tight container for up to 3 weeks.