PREP: 30 mins + setting
COOK:
SERVES: 12

# Vanilla & Maple Marshmallows

If you've never made home made marshmallows before, this is the recipe for you. Perfectly light and incredibly soft, they melt in your mouth leaving the sweet taste of vanilla and maple syrup. Wrap in pretty bags for gifts or serve on a generous platter at parties.

## Ingredients

2 1/3 cup (515g) caster sugar

1 tbsp (30g) Queen Glucose Syrup

1 1/2 cups (375ml) water

1 1/2 tbsp powdered gelatine

70g egg whites (approx 2-3), at room temperature

2 tsp Queen Madagascan Vanilla Bean Paste

Pinch salt

1/3 cup (80ml/110g) Queen Pure Maple Syrup

100g Maple Sugar (or Coconut Sugar)

## Method

**STEP 1**

Spray a 25x25cm square baking dish with olive oil and then line with baking paper. Spray baking paper also with oil and set aside. Measure out all ingredients and have them ready prior to preparing the marshmallows.

**STEP 2**

Combine gelatine and 185ml cold water in a small bowl and set aside for 5 minutes. Place in microwave and heat for 45 seconds until the gelatine has dissolved and the liquid is clear. Set aside and reheat if the mixture sets before being added to the egg mixture.

**STEP 3**

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## Method

In a small heavy-based saucepan, combine 460g caster sugar, glucose syrup and 185ml water, and stir over low heat until the sugar has dissolved. Increase the heat and bring to a simmer without stirring. When the syrup reaches 115° C, place the egg whites in a stand mixer and whisk on medium until frothy, then increase to high, slowly add the remaining caster sugar and whisk until thick and glossy. Check sugar syrup again and simmer until reaching 127° C.

**STEP 4**

Once the syrup has reached temperature, turn the heat off and allow the bubbles to stop. Then increase the mixer to medium-high and slowly pour the gelatine mixture down the inside of the bowl in a thin continuous stream. Then add the sugar syrup in the same way. Turn up to high, then add vanilla bean paste, salt and maple syrup and whisk for 10-12 minutes until the outside of the bowl has re-turned to room temperature.

**STEP 5**

Transfer the mixture to the prepared baking dish, level out the top with an offset spatula and then set aside for 3-4 hours until set. Once set, cut into squares and roll sides lightly in maple sugar or coconut sugar to serve.

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