

## Vanilla Marshmallows

(inspired by Annabel Langbein of [The Free Range Cook](#) and [Hugh Fearnley Whittingstall](#))



- 2 large free range egg whites (as fresh as possible)
- 500g (2¼ cups) white sugar
- 250ml (1 cup) water
- 25g (0.88 oz) leaf gelatine (see [Hugh's recipe](#) if you're using powdered gelatine)
- ½ teaspoon of vanilla extract
- mixture of cornflour (cornstarch) and icing sugar, for dusting

1. Line a rectangular baking tray with parchment paper, and lightly spray the top of the paper. I used a 33cm x 22cm (13" x 9") roasting tray.

2. In a medium saucepan with a long handle, stir the sugar and water over a low heat until the sugar dissolves, then raise the heat and bring to a rapid boil. Clip on a candy thermometer and boil the syrup until it reaches *hard ball* stage (122C/252F). This will take approximately 10 - 15 minutes.

3. Soak the gelatine leaves in a bowl of cold water for about 10 minutes.

4. Before the syrup reaches temperature, place the egg whites in the bowl of a sturdy stand mixer and beat until stiff peaks form. Timing is quite important, and the sugar syrup, egg whites and gelatine need to be ready at the same time. It helps, but isn't essential, to have two people on the job - one to watch the syrup thermometer and the other to prepare the other ingredients.

5. Once the syrup is at the right temperature, remove the saucepan from the heat. Turn the mixer on to low, and gently trickle the hot syrup into the stiff egg whites, beating constantly as the mixture turns creamy. Please be *very* careful - the sugar syrup is blindingly hot!

6. As soon as all the syrup is added, quickly remove the gelatine from the water and squeeze out the excess water from the softened leaves, then add the gelatine to the mixing bowl while the mixture is still hot, and beat until combined. Add the vanilla extract and continue beating.

7. Turn the speed up and beat the mixture until it thickens - Annabel suggests beating until the mixing bowl feels just warm - this can take up to 10 minutes. The finished mix will be very thick but still pourable.

8. Scrape the marshmallow into the prepared pan and smooth out the top. Leave to set for at least four hours or overnight. When firm, lift the slab out using the parchment paper, cut with a warm, dry, sharp knife into squares, and dust each with a fine coating of cornflour (cornstarch) and icing sugar mixture.

Of course, once we had homemade marshmallows, we had to make [dark chocolate rocky road!](#) We used 500g of tempered dark Belgian chocolate, 125g slivered almonds and 200g of homemade marshmallows, chopped into cubes.

.....

**Fig Jam and Lime Cordial**

[www.figjamandlimecordial.com](http://www.figjamandlimecordial.com)