

Honey Marshmallows

Marshmallows are best kept at a steady temperature in a dry environment – humidity can make them get pretty sticky. To avoid this, store in a cool dry place, or freeze if you plan to keep them over 2 weeks.

Ingredients:

1c water, split into half cups

2 ½ Tablespoons powdered gelatin, 225 bloom strength (same as Knox gelatin)

1 ¼ cup wildflower honey

1 teaspoon vanilla extract

¼ teaspoon sea salt

Tools needed: candy thermometer, stand mixer/beaters

Optional extras: arrowroot powder or tapioca starch, dark cocoa, cinnamon, cayenne, nutmeg, cloves, cardamom, black pepper, ginger, allspice, turmeric.

Method:

- 1) Generously line a casserole dish (8x8 works well but other sizes will suffice) with parchment paper. Take time to fold the creases and have a good inch or two of parchment sticking up on all sides on the pan. Sprinkle the parchment with a layer of arrowroot.
- 2) In your mixer bowl, sprinkle the gelatin over 1/2 cup of water. Allow to bloom (hydrate) for around 5 minutes.
- 3) Meanwhile, pour remaining water into a medium-large saucepan along with honey and salt. Heat the mixture on medium high until you hit 240-242°F on a candy thermometer. Be careful, as it will get pretty foamy. This will take about 10-15 minutes.
- 4) Turn your mixer on to medium, and carefully pour the syrup into the bowl in a steady stream, mixing it with the softened gelatin. Avoid pouring directly onto beaters, it will splatter and hit you or harden onto the sides of the bowl.
- 5) Turn the mixer up to high, beat until tripled in volume, becomes light in colour, and is cool enough to touch, about 5-10 minutes. Add vanilla near the end, along with any other flavour additions you might want to make. You'll know the marshmallow fluff is ready when it holds its shape for a moment then falls back when scooped up with the beaters.
- 6) Turn off mixer, and transfer the marshmallow fluff to your prepared pan, working quickly, use a rubber spatula to spread the top down as flat as you can get it. Sprinkle with arrowroot.
- 7) Allow to sit and "cure" for 4-6 hours. If you cut them sooner, they will just be a bit goopy; for clean cut edges wait at least 4 hours.
- 8) When you are ready to cut your marshmallows, carefully lift them out of the pan and peel away the parchment. Dust a cutting board with arrowroot, and cut as desired, dusting as needed to help with the stickiness. Toss them once more in powder for a nice smooth finish. Allowing marshmallows to cure for several hours to overnight will result in a firmer mallow that is easier to use for toasting.

This recipe is quite wonderful as is – the wildflower honey lends a lovely floral flavour, and they melt just beautifully in a hot drink. After having gone to all the hard work of making my own marshmallows, I couldn't resist making them extra special! Below are a few options we tried - the Mexican chocolate is great for hot cocoa, and if you toss a batch of chai marshmallows in cinnamon and arrowroot, it's reminiscent of candy hearts!

***These options are for a half batch of marshmallows. Double the spice if you're using a full batch!

Chai: ¼ teaspoon (powdered) each: cinnamon, cardamom, ginger, cloves, black pepper. Use this mix again to coat the marshmallows, but mix with 2 tablespoons arrowroot starch.

Mexican Chocolate: 2 tablespoons cocoa powder, 1/4 teaspoon ground nutmeg, ½ teaspoon (powdered) each: cloves, cinnamon, allspice. Toss these marshmallows with 3 tablespoons arrowroot powder, 1 teaspoon cinnamon, 5 teaspoons cocoa powder, and two pinches cayenne (or to taste!).

Golden Spice: 1 tablespoons turmeric, 1 teaspoon ginger, 1 pinch cayenne, 1 pinch black pepper. Roll these in 1 tablespoon turmeric, 1 tablespoon arrowroot.

The sky is the limit here - what's your favourite tea? Try brewing a 4x strength batch of Earl Grey and use that as your water in the marshmallow recipe and kick up your London Fog game! My mom makes a delicious dish with pureed squash, topped with toasted pecans and marshmallows, which is then toasted until the marshmallows get all gooey and caramelized - maybe next time I'll make a batch of buckwheat honey marshmallows to try out with that recipe!