

## Old Fashioned Marshmallows

*Barb Vlack*

### INGREDIENTS:

2 cups of granulated sugar  
½ cup white corn syrup (Karo)  
½ cup hot water  
2 egg whites  
1 teaspoon of vanilla or amaretto or any other flavoring, amount may vary according to taste, and you *must* taste test in order to reduce the quantity slightly to fit into the jelly roll pan!  
powdered sugar (for dusting)  
4 Tablespoons (packets) of plain granulated Knox gelatin  
1/4 cup of cold water

candy thermometer (I use a Pampered Chef digital food thermometer that has a timer. It beeps when the temperature is reached. This is a very good thing.)

### Double batch ingredients:

4 cups of granulated sugar  
1 cup white corn syrup (Karo)  
1 cup hot water  
4 egg whites  
2 teaspoon of vanilla  
8 Tablespoons of plain granulated gelatin  
½ cup of cold water

1. Put the gelatin in a bowl and add the water. Stir quickly. It will become a rubbery lump, but will dissolve when added to the hot mixture. Set aside.

2. Put sugar, corn syrup, and the hot water in a saucepan. Stir until the sugar is dissolved.

3. Using a candy thermometer, cook until the mixture reaches 240 degrees F. You do not have to stir during the heating process. Be ready to remove the pan from the heat just as it reaches the temp. If it overcooks, the mallows will be tough and you'll never get the goo out of the mixing bowl! (Ask me how I know.)

4. While the mixture is cooking, beat the egg whites to soft peaks.

4. When the hot mixture reaches 240 degrees, add the gelatin lump (it will foam). Stir until dissolved. Add flavoring and stir.

5. Beating at high speed, pour the hot mixture over the beaten egg whites in a thin, steady stream. Beat for about 15 minutes more, during which feel free to test for taste. You can always add more flavoring. The mixture will be like a soft marshmallow creme, and is *so good*.

6. Pour into a pan that has been thoroughly sprayed with plain, non stick cooking spray or oiled with cooking oil. (Don't grease with Crisco.) Sift confectioners sugar over the top of the marshmallow goo and let set about 4-6 hours until firm. You can lightly cover with waxed paper if desired and cut them the next day, if you can wait that long.

7. Cut with a knife, kitchen scissors, or small cookie cutters. Dust all cut sides with the sifted sugar. Store in Ziploc bags. They will keep for a couple of weeks, if they last that long.

**Barb's notes:** I always make a double batch at a time. I have a Kitchen Aid mixer, and the large bowl can handle a double batch. The beaten mixture comes pretty much to the top of the bowl. I use a large jelly roll pan, and it fills to the top. But that's OK. If I taste test the goo a lot before putting it into

the pan, there's enough room for the double batch.

For cutting up the marshmallows, I work at the counter on a piece of waxed paper dusted with powdered sugar.

You need a large bowl or a large plastic bag for dusting the squares. My method of removing the marshmallow from the pan is first to use a wet knife to separate the set stuff from the sides of the pan and then to ease the rest out of the pan with a spatula. This is easy if you oiled the pan well. Once you get it started, you can pull the whole mass out of the pan.

Put top side down on dusted wax paper and dust the bottom with the sifted powdered sugar. Cut into long strips with a kitchen shears dipped in water and then into cubes. I like to work with a couple of strips at a time. You will need to dust a few as you go.

Whole mixing process takes about an hour. Then you have to wait for them to set. Once the setting is complete, you must taste test many times to be assured that each marshmallow passes.

A double batch makes a *lot* of marshmallows, so there's plenty to share! You will not lack for friends who would love to receive them as gifts or bribes.