



Neapolitan Marshmallows

25 pieces



Medium

up to 40 Min.



Ingredients:

For the Marshmallows:

- 1 Dr. Oetker Free Range Egg White Powder Sachet or 2 Egg Whites
- Dr. Oetker Platinum Grade Leaf Gelatine x 5 leaves
- 100 g Granulated Sugar (3 ½ oz)
- 50 g Dr. Oetker Liquid Glucose (2 oz)
- 5 ml Dr. Oetker Madagascar Vanilla Extract (1 tsp)
- Dr. Oetker Red Extra Strong Food Colour Gel (optional)
- 3 ml Rose Water (optional)
- 30 Dr. Oetker Fine Dark Cocoa Powder (Approx 30g optional)

1 Neapolitan Marshmallows:

Grease and line an 18cm (7inch) square, 2.5cm (1inch) deep cake tin with baking parchment. In a large, heatproof bowl, make up the Egg White Powder according to the packet instructions and then whisk until very stiff. Set aside.

2 Cut up the Gelatine Leaves into a small heatproof bowl. Add 60ml (4 tbsp) cold water. Leave to soak for 5 minutes then put the bowl over a saucepan of gently simmering water until the leaves have melted. Remove the bowl from the saucepan of water and set aside.

3 Put the sugar in a small saucepan with the Liquid Glucose and 50ml (2 fl.oz) water. Put a sugar thermometer in the saucepan. Heat the sugar gently, stirring until melted. Raise the heat slightly and let the mixture bubble until it becomes syrupy and reaches 118°C on the thermometer.

4 Remove the saucepan from the heat. Whisk the Egg White mixture again while gently pouring over the hot sugar syrup in a steady stream. Continue whisking as you gradually pour in the liquid Gelatine and add the Madagascar Vanilla Extract to form a thick, glossy meringue-like mixture (this takes about 5 minutes).



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- 5 Scrape the fluffy mixture into the prepared tin using a spatula and smooth off the top. Leave in a cool, dry place (not the fridge) for 3 to 4 hours until firm and set.

- 6 To finish, dust the work surface with the cornflour, and turn the marshmallow on to it. Carefully peel away the parchment. Using a large bladed knife, cut into 5 strips and then 25 chunks (the mixture will be quite sticky). Toss the pieces of marshmallow in the cornflour until lightly coated and serve

Tip from the Test Kitchen

- To make pink marshmallows, omit the Vanilla Extract and add a few drops of Dr. Oetker Bright Red Gel Food Colour to the mixture along with a few drops of rosewater. For chocolate marshmallows, sift 30ml (2tbsp) cocoa powder into the egg white mixture instead of the Vanilla Extract.
- You can store marshmallows stacked in between pieces of baking parchment in a sealed container for up to 2 weeks.
- Note: This recipe makes 25 small chunks of 1 variety

