

# ‘How to Make Candy’ has recipe for making marshmallows

Ever been curious about how a certain candy is made? In Marilyn Myerly's book "How to Make Candy," she talks about divinity, fudge, nougat, caramel, taffy, brittles, nut clusters, marshmallows, truffles, fruit candies, marzipan and candy bars. The following recipes and information are from this book.

Candy making takes precise timing and finishing temperatures. Starting with good ingredients is always a must.

Marshmallows in Webster's New International Dictionary Second Edition Unabridged are defined as "Originally, a confection in the form of a sweetened paste made from the root of the marsh mallow; now a confection made from corn syrup, sugar, starch and gelatin, beaten to a light, creamy consistency. This paste is often cast in square molds, and when partly dry, rolled in powdered sugar."

Marshmallows come into being by beating a sugar syrup into gelatin



## pat schiefen

• postscript

until it thickens. Beat the mix until it is quite thick. Not as thick as whipped cream but like whipped cream just before it really begins to hold shape. Pour the mixture into an 8 inch square pan. The marshmallows will be about 1 inch thick. Use a larger pan if you want thinner marshmallows.

Let your marshmallows sit, covered for at least 12 hours before they set up right. Before they set up they are very soft and sticky. Marshmallow keep for about 10 days in a tightly closed plastic bag. Longer than that they will become a little sugary.

In order to handle marshmallows easily they need to be coated. Coat them lightly with corn starch. Other coatings can be used as well. Use a

Other items that can be used for coating the marshmallows are dried fruit, nuts, candied ginger, coconut and cocoa. If you are going to use a candied fruit or coconut the sugar coating must be removed or the marshmallows will absorb moisture. Soak the fruit for a few minutes and then dry thoroughly in the folds of a clean towel.

A heavy duty mixer should be used to mix ingredients. Also find out at what temperature your candy thermometer reads boiling water at.

### Marshmallows

Put 3 packages of unflavored gelatin (2 tablespoons and 1 1/2 teaspoons) and 1/2 cup cold water in a large bowl of an electric mixer and stir thoroughly.

In a 4 quart cooking pan that measures from 7 to 8 inches across the bottom on the inside:

2 cup sugar  
1/2 cup water  
3/4 cup corn syrup  
1/4 teaspoon salt  
1/4 cup (4 tablespoons) butter. If omitted increase salt to 3/4 teaspoon. The marshmallows will have a richer taste with the butter and is recommended.

Place the candy thermometer in the pan with the bulb 1/2 inch off of the bottom. Do not remove until your finish temperature is reached. Read the thermometer with your eyes at the same level as the top of the mercury column.

Adjust burner to medium high.

Cook, stirring constantly. When the syrup reaches the temperature you set on your stove for boiling water set a timer for 5 minutes. If the temperature rises 22 degrees in that time your heat is set correctly. If the temperature is higher lower the heat and if lower raise the heat. That means the candy

will reach the correct finishing temperature in 12 minutes.

When the syrup reaches the finishing temperature, remove from heat. Poursyrup into gelatin in a stream the size of the lead of a pencil while gelatin is beating on the lowest speed using wire whip type beaters.

When all the syrup has been poured in, stop beating and add:

1 tablespoon vanilla extract  
1 teaspoon almond extract  
(Or any of the flavor variations)

Beat on medium speed for 15 minutes. Use a timer. The mixture should be very thick. Scoop mixture into the 8 inch pan with a rubber spatula. Sieve more cornstarch or other coating except sugar on the top. Cover the surface thoroughly. After 30 minutes cover with plastic wrap. Let sit for 12 hours at room temperature to let it firm up.

Remove plastic wrap and cut into squares. Cut straight down. Cut into 16 squares. Press each side of the marshmallows into the coating

to prevent sticking. Put in a plastic bag and seal. They will dry out in the air. If using cornstarch knock off excess before using.

Flavor variations include almond, honey, banana, black walnut, coconut, lime, maple, orange, pineapple, butterscotch, cherry, chocolate, coffee, fruit, ginger, lemon, mint, strawberry and vanilla.

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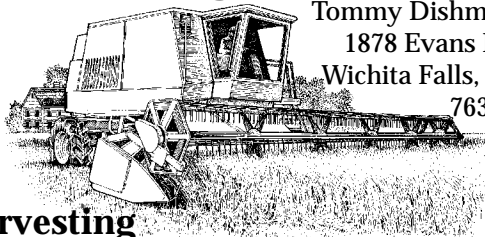
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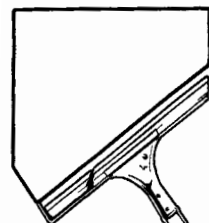
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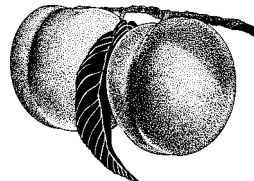
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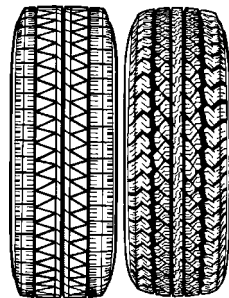
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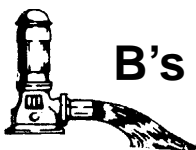
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