

# Maple Marshmallows

## Ingredients:

2 envelopes unflavored powdered gelatin  
3 tbsp cold water  
2 large egg whites, at room temperature  
½ cup New York State maple sugar  
½ cup New York State maple syrup  
2 tbsp water  
½ tsp sea salt  
1 ½ tsp vanilla extract

## Coating:

3 tbsp cornstarch  
1 tbsp confectioner's sugar  
2 tbsp New York State maple sugar

## Directions for combining ingredients:

1. Lightly spray an 8x8 inch square baking pan with cooking spray. Then line the pan with parchment paper.
2. In a small bowl, whisk together the gelatin and cold water. Set aside to soften about 5 minutes.
3. In the bowl of mixer, beat the egg whites until soft peaks form. Stop the mixer.
4. In a medium saucepan, combine the maple sugar, maple syrup, water and salt. Stir gently over high heat until the syrup comes to a boil. Stop stirring and clip a candy thermometer to the side of the pan. Cook to 240 degrees. Immediately take the pan from the heat and whisk in the softened gelatin until it is completely melted.
5. Turn the mixer back on to medium speed. Slowly begin to drizzle the sugar syrup into the egg whites, just a tablespoon or so at a time, then slowly pour in the rest of the syrup while the mixer is running. Raise the speed to medium high and beat until the marshmallow is thick and glossy and the mixer bowl is cool to the touch. This takes about 10 minutes.
6. Beat in the vanilla extract.
7. Pour the marshmallow into the prepared pan and use a spatula to spread it into the corners and smooth the top.
8. To make the coating: in a bowl, sift together the 3 tbsp cornstarch and confectioner's sugar. Sift the coating evenly and generously over the top of the marshmallow. Let set for at least 6 hours in a cool, dry place.
9. When the marshmallow has set, invert the marshmallow slab onto a coating dusted work surface and dust it with more coating.
10. Cut into whatever size pieces you wish. In a clean coffee grinder, add 2 tbsp maple sugar with and additional 2 tsp cornstarch.
11. Dip the sticky edges of the marshmallow into the maple sugar coating.
12. Store in an airtight container.