

# Make marshmallows yourself



Here's how to make marshmallows yourself

## Materials / Ingredients

- 310 g sifted icing sugar
  - 2 tbsp cornflour
  - 1 tsp unflavoured oil
  - 18g ground gelatine
  - 1 pinch salt
  - 1 packet vanilla sugar
  - 180ml water
  - possibly red food coloring
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- baking dish
  - Mixer
  - Bowl
  - Pan and stove
  - dough scraper
  - Spoon
  - Sieve
  - Possibly cookie cutter
  - knife
  - fresh holding foil

## Instructions

**Prepare the baking dish so that the mixture does not stick:**

Mix 1 tablespoon of powdered sugar and 2 tablespoons of cornstarch

Spread a baking dish very thinly with oil

Sift the icing sugar/cornstarch mixture onto the bottom of the baking dish

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## For the marshmallow mixture:

Whisk together the gelatin, salt, vanilla sugar, and the water

Let this mixture swell for 5 minutes

In a pan, heat gently but do not boil until the gelatine has dissolved

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Meanwhile, sift 300g icing sugar into a mixing bowl

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Add the liquid to the icing sugar, stirring, and whip with a mixer until thick and fluffy, about 5-10 minutes, until you have a fluffy loose crème.

Add food coloring if desired.

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Now pour the mixture into the prepared baking dish, smooth out and cover with plastic wrap.

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It now needs to rest for at least four hours to set.

Tip: The mixture will set faster in the refrigerator. About 2 hours is enough

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Once set, rub the mixture thinly with the remaining starch mixture,

Use a knife to loosen from the edge and turn out.

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Now cut the marshmallows into cubes

Or cut them out with cookie cutters.

## Sources

- Photo: Jungschar Henggart
- Recipe: <https://yumtamtam.de/Rezepte/Marshmallows-selber-machen.html> and Jungschar Henggart