Capilano Honey Marshmallows

The joy of a homemade marshmallow is hard to beat. Ours are infused with the silky golden taste of Pure Capilano honey. Perfect for toasting over campfires, dropping into a Capilano-cino or wrapping up for loved ones as an edible gift.



SKILL LEVEL	PREP TIME	SERVINGS
Medium	20 min + 4hr Set	12

Ingredients

- 120g (⅓ cup) Capilano Pure Honey
- 2 ⅓ cups (515g) caster sugar

Method

1. Grease and line with baking paper a 25 x 25cm square, set aside. For best results, weigh all ingredients and have them ready before starting to prepare recipe

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 20g glucose syrup
- ¾ cup plus an extra ¾ cup (375ml) water
- 1 ½ tbsp powdered gelatine
- 70g egg whites (approx.. 2-3), at room temperature
- Pinch Salt
- Cornflour, to dust

Used in this recipe



PURE HONEY

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

2. Combine gelatine and ¾ cup (187ml) cold water in a small bowl and set aside for 5 minutes. Place in microwave and heat for 45 seconds until the gelatine has dissolved and the liquid is clear. Set aside and reheat if the mixture sets before being added to the egg mixture.

3. In a small heavy-based saucepan, combine 2 cups (440g) caster sugar, glucose syrup and ¾ cup (187ml), and stir over low heat until the sugar has dissolved. Increase the heat and bring to a simmer without stirring. When the syrup reaches 115° C, place the egg whites in a stand mixer and whisk on medium until frothy, then increase to high, slowly add the remaining ⅓ cup caster sugar and whisk until thick and glossy. Check sugar syrup again and simmer until reaching 127° C.

4. Once the syrup has reached temperature, turn the heat off and allow the bubbles to stop. Then increase the mixer to medium-high and slowly pour the gelatine mixture down the inside of the bowl in a thin continuous stream. Then add the sugar syrup in the same way. Turn up to high, then add vanilla bean paste, salt and honey and whisk for 10-12 minutes until the outside of the bowl has re-turned to room temperature.

5. Transfer the mixture to the prepared baking dish, level out the top with an offset spatula and then set aside for 3-4 hours until set. Once set, cut into squares and roll sides lightly in cornflour, icing sugar or desiccated coconut to serve.

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