



Bouchon Bakery Marshmallow Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 2 grams citric acid diluted
- ☐ 6 drops citric acid diluted
- ☐ 50 grams plus light
- ☐ 87 grams egg whites
- ☐ 8 servings purple gel food coloring red
- ☐ 8 servings purple gel food coloring yellow
- ☐ 225 grams granulated sugar
- ☐ 9.6 grams sheets gelatin (9.6 grams)

- ☐ 1.5 grams lemon zest grated
- ☐ 8 servings vanilla
- ☐ 0.3 vanilla pod split
- ☐ 112 grams water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ stand mixer
- ☐ pastry bag
- ☐ candy thermometer


Directions

- ☐ Place the sugar in a small bowl. Stir in the citric acid, raspberry powder or lemon zest, and just the amount of food coloring that fits on the tip of a small paring knife (less than a pinch), then use your hands to work the mixture together. If you'd like, add a little additional powder and/or food coloring.
- ☐ Spread the sugar on a baking sheet and let it dry overnight at room temperature.
- ☐ For the Marshmallows: You'll need a Thermapen or other candy thermometer.
- ☐ Place the gelatin in a bowl of ice water to soften.
- ☐ Remove the gelatin from the water and squeeze out excess water.
- ☐ Place the gelatin in a small metal bowl set over a small pot of simmering water and melt it (do not let it simmer), then reduce the heat and keep it warm.

- ☐ Meanwhile, place the egg whites in the bowl of a stand mixer fitted with the whisk attachment. Scrape the seeds from the vanilla bean and add the seeds to the egg whites.
- ☐ Combine the granulated sugar, water, and corn syrup in a large saucepan and bring to a simmer over medium-high heat, stirring to dissolve the sugar, then simmer for about 5 minutes, until the syrup reaches 250°F/121.1°C, according to the candy thermometer.
- ☐ Letting the syrup continue to cook, turn the mixer to medium speed. The goal is to have the whites at medium peaks when the syrup reaches 281° to 284°F/138° to 140°C. Should the whites reach stiff peaks before the syrup reaches the proper temperature, reduce the mixer speed to the lowest setting.
- ☐ When the syrup reaches 281° to 284°F/138° to 140°C, remove it from the heat. Turn the mixer to medium speed and slowly add the syrup to the egg whites, pouring it between the side of the bowl and the whisk.
- ☐ Pour in the gelatin, increase the speed to medium-high, and mix for about 5 minutes, until the mixture is thickened, glossy, and warm but not hot. Put aside, to be piped into plastic egg molds.
- ☐ Preparing the Eggs: You'll need twelve two-piece plastic eggs, a clean egg carton, and a pastry bag with a ½-inch plain tip.
- ☐ If the plastic eggs are new, open them, wash them, and dry thoroughly. Spray the inside of both halves of each egg with nonstick spray and set them in the egg carton. Fill the pastry bag with the warm marshmallow mixture.
- ☐ Holding the tip close to the bottom of an egg half, slowly pull up as you fill the half completely; try not to leave any air pockets. Fill the other half and fit the top and bottom together—there will be some resistance, but they must be secure to form a perfectly shaped egg.
- ☐ Wipe off the excess marshmallow that oozes from the egg with a damp paper towel. Repeat with the remaining eggs. Stand the filled eggs in the egg carton and let them sit at room temperature overnight.
- ☐ Put the decorating sugar in a small bowl.
- ☐ Remove the eggs from the molds. Toss the eggs in the sugar and then stand them in the egg carton.
- ☐ If they will be served within a few hours, let the eggs sit at room temperature. For longer storage, place the egg carton in a large covered container for up to 2 weeks.

Nutrition Facts



 PROTEIN **6.22%**  FAT **0.93%**  CARBS **92.85%**

Properties

Glycemic Index:11.14, Glycemic Load:20.55, Inflammation Score:1, Nutrition Score:0.55999999898283%

Nutrients (% of daily need)

Calories: 141.98kcal (7.1%), Fat: 0.15g (0.23%), Saturated Fat: 0g (0.01%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 33.07g (12.02%), Sugar: 33.08g (36.76%), Cholesterol: 0mg (0%), Sodium: 25.36mg (1.1%), Alcohol: 0.34g (100%), Alcohol %: 0.67% (100%), Protein: 2.22g (4.43%), Selenium: 2.86µg (4.09%), Vitamin B2: 0.06mg (3.35%), Copper: 0.03mg (1.68%)