



Cook the Book: Mallowmores

READY IN



45 min.

SERVINGS



40

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 0.5 cup plus light
- ☐ 40 servings cornstarch sifted
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons gelatin powder unflavored
- ☐ 40 servings graham crackers

- ☐ 1 tablespoon honey
- ☐ 40 servings marshmallows
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.3 cup butter unsalted cut into pieces at room temperature ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup water room temperature
- ☐ 2 tablespoons milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ double boiler
- ☐ stand mixer
- ☐ stove
- ☐ microwave
- ☐ offset spatula
- ☐ candy thermometer

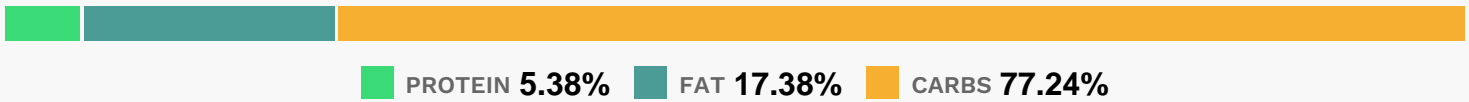
Directions

- ☐ Coat a 9 x 13-inch pan with nonstick spray, line the bottom with parchment paper cut to fit, and then spray the parchment.

- ☐ Pour 1/2 cup of the water into a small bowl.
- ☐ Sprinkle the gelatin over the water and set aside for 5 minutes to soften the gelatin.
- ☐ Put the sugar, corn syrup, the remaining water 1/3 cup water, and the salt in a medium saucepan and stir to combine. Attach a candy thermometer and cook over medium heat until it reaches 240°F.
- ☐ Remove from the heat and whisk in the softened gelatin until dissolved. Cover the pot and leave on the stove with the burner turned off, to keep warm.
- ☐ In a clean, grease-free bowl of a stand mixer, whip the egg whites on low speed using the wire whip attachment until frothy.
- ☐ Add the cream of tartar, turn the speed to medium high, and whip until soft peaks form.
- ☐ Pour a thin, steady stream of the sugar syrup directly over the meringue with the mixer running. Do not pour any on the whip or the sides of the bowl. Whip the meringue until cool to the touch, this could take 5 minutes or more. Beat in the vanilla. The marshmallow should be thick and glossy and form medium-firm peaks.
- ☐ Immediately spread the marshmallow in the prepared pan with an offset spatula, pressing down into the corners and smoothing the top. Lightly dust the top with a thin veneer of cornstarch.
- ☐ Let sit at room temperature for 6 hours or overnight.
- ☐ Sprinkle a piece of parchment with cornstarch, run an icing spatula around the edges of the marshmallow, and invert it on top of the parchment. Peel the parchment off of the marshmallow if it comes loose from the pan. Use a long, sharp, thin-bladed knife to cut the marshmallow into about forty 1 1/2-inch squares (8 x 5). The marshmallows may be used immediately, or they may be stored, in which case toss with some cornstarch to prevent them sticking to one another. Store at room temperature in an airtight container for up to 3 days before assembling the cookies.
- ☐ Line 2 jelly-roll pans with parchment paper; set aside.
- ☐ Whisk the flour, baking soda, and salt together in a small bowl to aerate and combine; set aside.
- ☐ In the bowl of a stand mixer, beat the butter with the flat paddle attachment on medium-high speed until creamy, about 2 minutes.
- ☐ Add the sugar and honey and continue to beat until creamy, about 3 minutes more. Beat in the vanilla.

- ☐ Add the flour mixture in two additions, alternately with the milk. Begin and end with the flour mixture and beat until combined. Lightly flour your work surface.
- ☐ Roll the dough out to a 1/4-inch thickness and cut the cookies in 1 1/2-inch squares.
- ☐ Transfer the cookies to the prepared pans, spacing them 1 inch apart. Gently gather together the extra dough and cut out as many cookies as possible. Refrigerate with the oven preheats. Position racks in the upper and lower third of the oven. Preheat the oven to 350°F. While the oven preheats, make sure that the marshmallows are ready to use. If they have been coated with cornstarch, shake them gently to remove any excess.
- ☐ Bake the graham's for 12 to 14 minutes, or until the cookies are dry to the touch but still have a tiny bit of spring to them. Do not bake until crisp. Their color will barely change.
- ☐ Place the pans on racks and immediately, while the cookies are still warm, place a marshmallow on top of each. The heat of the cookie will seal the marshmallow to the cookie, which is very important for the following chocolate dipping step. Cool completely on the pans set on racks.
- ☐ Melt the chocolate in the top of a double boiler or in the microwave. Put in a narrow, deep bowl. Pick up one cookie at a time and plunge it, marshmallow side down, into the chocolate. The chocolate should cover the marshmallow completely as well as the sides of the cookie. Lift out of the chocolate and shake gently back and forth to encourage excess chocolate to drip off.
- ☐ Place cookie side down back on the pan and repeat with the remaining cookies. Refrigerate briefly to set the chocolate. Store at room temperature for up to 3 days in an airtight container in single layers separated by parchment paper. Alternatively, they may be refrigerated for up to 1 week. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:9.72, Glycemic Load:25.14, Inflammation Score:-1, Nutrition Score:2.6617391485235%

Nutrients (% of daily need)

Calories: 207.29kcal (10.36%), Fat: 4.05g (6.23%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 39.47g (14.35%), Sugar: 22.1g (24.55%), Cholesterol: 3.14mg (1.05%), Sodium: 220.86mg (9.6%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 2.82g (5.64%), Iron: 1.33mg (7.4%), Vitamin B3: 1.25mg (6.25%), Phosphorus: 61.71mg (6.17%), Vitamin B1: 0.09mg (6.1%), Vitamin B2: 0.09mg (5.55%), Folate: 18.85µg

(4.71%), Magnesium: 17.85mg (4.46%), Fiber: 1.05g (4.19%), Zinc: 0.59mg (3.95%), Calcium: 26.14mg (2.61%), Selenium: 1.71µg (2.45%), Potassium: 61.16mg (1.75%), Vitamin B6: 0.03mg (1.54%), Copper: 0.02mg (1.23%), Manganese: 0.02mg (1.22%)