

Lillet Marshmallows



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



64

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup plus light
- ☐ 0.8 ounce gelatin powder unflavored
- ☐ 0.8 cup lillet blanc divided
- ☐ 1.5 cups sugar
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ baking paper
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Lightly oil an 8-inch square baking pan.
- ☐ Sprinkle gelatin over 1/2 cup Lillet in bowl of mixer and let soften while making syrup
- ☐ Stir together sugar, corn syrup, water, a pinch of salt, and remaining 1/4 cup Lillet in a small heavy saucepan. Boil over medium heat, without stirring, until thermometer registers 238 to 240°F.
- ☐ Remove from heat.
- ☐ With mixer at low speed, pour hot syrup into gelatin mixture in a slow stream down side of bowl. Increase speed to high and beat until very thick and mixture forms a thick ribbon when beater is lifted, 11 to 13 minutes.
- ☐ Scrape marshmallow into baking pan (it will be very gooey) and smooth top with a lightly oiled spatula.
- ☐ Let stand, uncovered, at room temperature until surface is no longer sticky and you can gently pull marshmallow away from sides of pan with your fingertips, 2 to 3 hours.
- ☐ Using a sieve, dust a cutting board with confectioners sugar. Use a spatula to pull sides of marshmallow from edge of pan, then invert onto cutting board. Dust top with confectioners sugar.
- ☐ Cut marshmallow into 1-inch squares.
- ☐ Dredge marshmallows in confectioners sugar to coat completely.
- ☐ •For best texture, make marshmallows on a dry day. •Sugared marshmallows keep, layered between sheets of parchment paper in an airtight container, in a dry place at cool room temperature 1 week.

Nutrition Facts



 **PROTEIN 3.03%**  **FAT 0.62%**  **CARBS 96.35%**

Properties

Glycemic Index:1.39, Glycemic Load:4.05, Inflammation Score:0, Nutrition Score:0.05913043451374%

Nutrients (% of daily need)

Calories: 38.64kcal (1.93%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 9.04g (3.29%), Sugar: 9.01g (10.01%), Cholesterol: 0mg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0.47g (100%), Alcohol %: 4.24% (100%), Protein: 0.28g (0.57%)