

Lillet Marshmallows

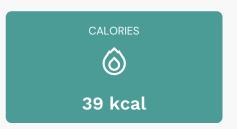
READY IN
SERVINGS
4500 min.

Gluten Free

Dairy Free

SERVINGS

64



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
Di	rections
	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: Og (0%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 9.04g (3.29%), Sugar: 9.01g (10.01%), Cholesterol: Omg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0.47g (100%), Alcohol %: 4.24% (100%), Protein: 0.28g (0.57%)