



Max and Eli Sussman's S'mores with Maple-Bourbon Marshmallows

READY IN



300 min.

SERVINGS



9

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% chopped (cacao)
- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons gelatin powder unflavored
- ☐ 9 graham crackers
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.8 cup maple syrup pure

Equipment

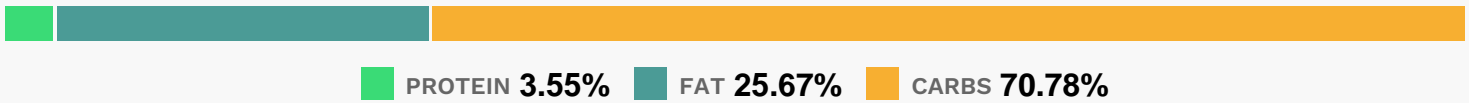
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Line the bottom of a 9-inch square baking dish with parchment paper or foil. Coat lightly with cooking spray and dust generously with powdered sugar.
- ☐ Pour 1/2 cup warm water into a small bowl.
- ☐ Sprinkle the gelatin over and stir to dissolve.
- ☐ In a saucepan over medium-high heat, combine the 1/4 cup bourbon, the maple syrup, and the granulated sugar. Bring to a boil and cook and cook, stirring often, until the mixture registers 240 degrees on a candy or deep-frying thermometer.
- ☐ Pour into the bowl of a stand mixer, if you have one.
- ☐ Add the dissolved gelatin and the remaining 3 tablespoons bourbon. Using the paddle attachment, beat until stiff peaks form when you lift the beaters out 10 to 12 minutes. If you don't have a stand mixer, use a handheld mixer, but be sure to pour the hot syrup into a heatproof bowl for mixing, and be prepared for a little arm fatigue, as the beating time is substantial. Using a rubber spatula, scrape into the prepared dish and spread in an even layer to the edges of the pan.
- ☐ Let cool at room temperature until firm, about 4 hours.

- ☐
- Tip the marshmallow out of the pan and remove the lining. Trim 3/4 inch off each edge, then cut into 9 squares. Sift a scoop of powdered sugar in a bowl, add the marshmallows, and toss to coat.
- ☐
- Put the chocolate in a heatproof bowl. In a small saucepan over medium-high heat, warm the cream until just barely boiling. Meanwhile, arrange 9 of the graham cracker halves, top side down, on a baking sheet and place a marshmallow on top of each.
- ☐
- Pour the hot cream over the chocolate and whisk until melted and smooth.
- ☐
- Drizzle some of this melted chocolate mixture over each marshmallow, close the s'mores with another graham cracker half, and serve.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:37.41, Inflammation Score:-3, Nutrition Score:6.233043462362%

Nutrients (% of daily need)

Calories: 398.66kcal (19.93%), Fat: 11.11g (17.09%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 68.93g (22.98%), Net Carbohydrates: 67.44g (24.53%), Sugar: 57.58g (63.97%), Cholesterol: 15.7mg (5.23%), Sodium: 102.95mg (4.48%), Alcohol: 2.23g (100%), Alcohol %: 2.61% (100%), Caffeine: 10.84mg (3.61%), Protein: 3.46g (6.91%), Manganese: 0.79mg (39.42%), Vitamin B2: 0.42mg (24.45%), Copper: 0.2mg (10.01%), Magnesium: 37.34mg (9.33%), Iron: 1.45mg (8.08%), Phosphorus: 69.58mg (6.96%), Fiber: 1.48g (5.94%), Calcium: 58.04mg (5.8%), Zinc: 0.83mg (5.55%), Potassium: 170.21mg (4.86%), Vitamin A: 200.67IU (4.01%), Vitamin B1: 0.06mg (3.81%), Vitamin B3: 0.67mg (3.34%), Selenium: 2.27µg (3.24%), Folate: 7.44µg (1.86%), Vitamin D: 0.21µg (1.41%), Vitamin E: 0.2mg (1.31%), Vitamin K: 1.33µg (1.27%), Vitamin B6: 0.02mg (1.15%)