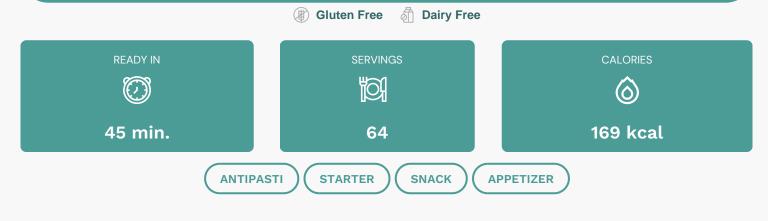


Pink Grapefruit Marshmallows



Ingredients

I cup powdered sugar for coating pan and marshmallows	
1 cup plus light	
1 ounce gelatin powder unflavored	
1.5 cups granulated sugar	
1 pound grapefruit	
O.1 teaspoon food coloring red organic (15 drops) (preferab	ly
0.3 teaspoon salt	

64 servings vegetable oil for brushing pan

Eq	Equipment		
	food processor		
	bowl		
	frying pan		
	sauce pan		
	knife		
	whisk		
	sieve		
	blender		
	baking pan		
	kitchen thermometer		
	stand mixer		
	wax paper		
	spatula		
	cutting board		
	peeler		
	pastry brush		
	candy thermometer		
	chefs knife		
Directions			
	Brush the bottom and sides of a 9-inch square baking pan with vegetable oil. Using a small, fine-mesh sieve, dust the pan generously with confectioners' sugar, knocking out any excess.		
	Using a vegetable peeler, remove the zest from the grapefruit in strips then use a small sharp knife to remove any white pith from the undersides of the zest. Reserve the grapefruit. Finely chop the zest then transfer to the bowl of a food processor and add the granulated sugar. Process until the zest is finely ground, 1 to 2 minutes.		
	Squeeze and strain enough juice from the grapefruit to measure 1/2 cup and transfer to the bowl of a stand mixer fitted with the whisk attachment.		

Add 2 tablespoons water, then sprinkle gelatin into the bowl and stir briefly to make sure all the gelatin is in contact with the grapefruit juice and water.
Let soften while you make the sugar syrup.
In a heavy 3- to 4-quart saucepan, combine the zest-sugar mixture with the corn syrup, salt, and 1/2 cup water.
Place over moderate heat and bring to a boil, stirring until the sugar is dissolved. Put a candy thermometer into the boiling sugar syrup and continue boiling (the mixture may foam up, so turn the heat down slightly if necessary), without stirring, until the thermometer registers 240°F (soft-ball stage).
Remove from heat and let stand briefly to let bubbles dissipate slightly.
With the mixer on low speed, pour the hot sugar syrup into the softened gelatin in a thin stream down the side of the bowl. Gradually increase the mixer speed to high and beat until the marshmallow is very thick and forms a thick ribbon when the whisk is lifted, about 5 minutes. Beat in the food coloring, adding more for a darker pink color.
Scrape the marshmallow into the prepared pan (it will be very sticky) and use wet fingertips to spread it evenly and smooth the top.
Let stand, uncovered at room temperature, until the surface is no longer sticky and you can gently pull the marshmallow away from the sides of the pan with your fingertips, at least 4 hours or overnight.
Dust a cutting board with confectioners' sugar. Use a rubber spatula to pull the sides of the marshmallow from the edge of the pan (use the spatula to loosen the marshmallow from the bottom of the pan if necessary) and invert onto the cutting board. Dust the top with confectioners' sugar.
Brush a long thin knife or a chef's knife with vegetable oil and dust with confectioners' sugar to prevent sticking; continue dusting the knife as necessary.
Cut lengthwise into 8 strips, then crosswise into eighths, to form a total of 64 squares. (For larger marshmallows, cut lengthwise into 6 strips, then crosswise into sixths, to form a total of 36 squares.) Coat marshmallows, one at a time, in confectioners' sugar, using a pastry brush to brush off any excess. DO AHEAD: Marshmallows can be stored, layered between sheets of wax paper or parchment in an airtight container in a dry place at cool room temperature, for 1 month.

Nutrition Facts

Properties

Glycemic Index:1.78, Glycemic Load:4.21, Inflammation Score:-1, Nutrition Score:1.7673913169166%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 168.64kcal (8.43%), Fat: 14.04g (21.59%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.28g (4.1%), Sugar: 11.09g (12.32%), Cholesterol: Omg (0%), Sodium: 13.34mg (0.58%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.43g (0.87%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.15mg (7.7%), Vitamin C: 2.21mg (2.68%), Vitamin A: 81.5IU (1.63%)