



## S'mmoralist

READY IN



45 min.

SERVINGS



6

CALORIES



1011 kcal

SIDE DISH

## Ingredients

- 1.8 cups flour
- 12 tablespoons plus divided
- 0.3 ounce gelatin powder unflavored
- 0.8 cup powdered sugar
- 0.3 teaspoon salt
- 8 ounces bittersweet chocolate unsweetened chopped (not )
- 2 cups sugar
- 0.8 cup butter unsalted room temperature ( )
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1.3 cups water divided

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- plastic wrap
- double boiler
- hand mixer
- blow torch
- kitchen thermometer
- aluminum foil
- stand mixer
- pastry brush
- glass baking pan

## Directions

- Place 1/2 cup water in small bowl.
- Sprinkle gelatin over; let stand until gelatin softens, about 10 minutes.
- Line 8x8x2-inch glass baking dish with plastic wrap, leaving overhang.
- Sprinkle 2 tablespoons powdered sugar over plastic wrap.
- Combine remaining 3/4 cup water, 2 cups sugar, and 6 tablespoons corn syrup in heavy small saucepan. Stir over medium heat until sugar dissolves. Boil without stirring until thermometer registers 230°F, occasionally swirling pan and brushing down sides with wet pastry brush, about 14 minutes (time will vary depending on size of pan). Stir in remaining 6 tablespoons corn syrup and vanilla.

- Transfer sugar mixture to heavy-duty stand mixer with paddle attachment.
- Add gelatin mixture. Beat on low speed until mixture turns opaque, about 5 minutes. Beat on medium-high until mixture is cool and forms soft white peaks, about 15 minutes.
- Spread evenly in prepared dish. Dust with 2 tablespoons powdered sugar.
- Let stand at room temperature at least 8 hours to set (marshmallow will be soft). Cover; refrigerate. (Can be made 2 days ahead.)
- Using electric mixer, beat butter in medium bowl until smooth.
- Add sugar; beat until blended.
- Add flour, cocoa powder, and salt; beat just until blended, adding water by teaspoonfuls if mixture is too dry. Form dough into ball; flatten into rectangle. Wrap in plastic and chill at least 1 hour.
- Preheat oven to 325°F. Line large rimmed baking sheet with parchment paper.
- Roll dough out on lightly floured surface to 1/4-inch-thick rectangle.
- Cut dough into 2x4-inch rectangles.
- Transfer rectangles to prepared sheet.
- Bake until puffed and beginning to crack, about 9 minutes.
- Transfer cookies to rack to cool (cookies will become crisp as they cool).
- Line another large rimmed baking sheet with parchment paper. Stir chocolate in double boiler over barely simmering water until melted and smooth.
- Spread over parchment on prepared sheet. Run fork up and down length of chocolate, forming ridges. Refrigerate until firm, about 30 minutes. Break chocolate into large irregular pieces.
- Place 1 cookie on each of 6 plates.
- Cut marshmallow into six 2x4-inch rectangles.
- Transfer marshmallows to sheet of foil. Using blowtorch, brown tops of marshmallows. Invert 1 marshmallow, brown side down, atop each cookie. Brown top and sides of marshmallows on cookies. Arrange chocolate pieces decoratively atop marshmallows and serve.

## Nutrition Facts

  

 **PROTEIN 3.16%**  **FAT 33.42%**  **CARBS 63.42%**

## Properties

Glycemic Index:27.35, Glycemic Load:73.09, Inflammation Score:-7, Nutrition Score:14.386521577835%

## Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 1011.32kcal (50.57%), Fat: 38.81g (59.71%), Saturated Fat: 23.35g (145.91%), Carbohydrates: 165.67g (55.22%), Net Carbohydrates: 159.89g (58.14%), Sugar: 129.15g (143.51%), Cholesterol: 63.27mg (21.09%), Sodium: 138.62mg (6.03%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 43.5mg (14.5%), Protein: 8.27g (16.54%), Manganese: 0.94mg (47.01%), Copper: 0.75mg (37.48%), Iron: 4.81mg (26.71%), Selenium: 17.77µg (25.38%), Magnesium: 100.23mg (25.06%), Fiber: 5.78g (23.1%), Vitamin B1: 0.33mg (21.98%), Phosphorus: 180.03mg (18%), Folate: 69.45µg (17.36%), Vitamin A: 727.99IU (14.56%), Vitamin B2: 0.24mg (14.04%), Vitamin B3: 2.59mg (12.95%), Zinc: 1.82mg (12.11%), Potassium: 336.03mg (9.6%), Vitamin E: 0.91mg (6.05%), Calcium: 50.63mg (5.06%), Vitamin K: 4.94µg (4.7%), Vitamin B5: 0.32mg (3.18%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.12µg (1.94%), Vitamin B6: 0.04mg (1.78%)