



Table Top S'mores

READY IN



150 min.

SERVINGS



12

CALORIES



1779 kcal

DESSERT

Ingredients

- ☐ 8 teaspoons double-acting baking powder
- ☐ 3 pound semisweet coating chocolate
- ☐ 0.5 cup plus light
- ☐ 4 egg whites
- ☐ 4 cups flour all-purpose
- ☐ 2 tablespoons gelatin powder
- ☐ 1.5 cups granulated sugar
- ☐ 2.3 cups granulated sugar
- ☐ 4 tablespoons ground cinnamon

- ☐ 1.3 cup honey
- ☐ 2 teaspoons kosher salt
- ☐ 1.3 cup blackstrap molasses
- ☐ 1 orange zest
- ☐ 1 pound powdered sugar as needed
- ☐ 2 cups rye flour
- ☐ 4 teaspoons vanilla extract
- ☐ 4 cups flour
- ☐ 8 eggs whole
- ☐ 4 cups milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ pastry bag
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ For the batter: Preheat the oven to 375 degrees F.
- ☐ In a bowl, combine the milk, honey, molasses, vanilla and eggs. In a separate bowl, combine the all-purpose flour, wheat flour, rye flour, 1 1/3 cup of sugar, baking powder and salt.
- ☐ Mix the wet ingredients into the dry and mix until completely incorporated. Work until a dough forms and it comes together in a ball. Do not overwork. Freeze any extra dough for future use.

- ☐ Combine the remaining sugar and cinnamon for the topping.
- ☐ Roll out the dough to a thickness of approximately 1/8-inch. Dock dough and cut with a rippled edge pasta cutter to make 20 graham crackers.
- ☐ Place the crackers on parchment paper, dust with the cinnamon sugar and bake until the edges are golden brown, about 8 minutes.
- ☐ Layer 1 graham cracker, 1 piece of chocolate, 1 marshmallow and top with another graham cracker and enjoy.
- ☐ Line a baking sheet with parchment paper and lightly dust with powdered sugar.
- ☐ Combine the granulated sugar, corn syrup and 1/2 cup cold water together in a heavy-bottomed pot with a candy thermometer. Bring to a boil and cook to a temperature of 235 degrees F, (soft ball stage of caramel).
- ☐ While the sugar is cooking, add the egg whites to the mixer. Dissolve the gelatin in 1/4 cup cold water and reserve.
- ☐ Once the sugar reaches 235 degrees F, immediately remove from the heat and stir in the gelatin. Turn on the mixer to high speed while the gelatin is dissolving. With the mixer running on high, whip the egg whites to soft peaks and then stream the hot sugar into the egg, building an emulsion as you combine the two. If the stream is too fast, the egg will break.
- ☐ Once all the sugar has been incorporated into the egg, a meringue is formed.
- ☐ Add the orange zest and whip the meringue until it is just below body temperature. Once the meringue has reached the correct temperature, stop the mixer and place the meringue into a pastry bag and pipe onto prepared baking sheet. Coat the tops of the marshmallows with another thin dusting of powdered sugar after piping.
- ☐ Let the marshmallow air dry for 2 hours. Store all unused marshmallows in an airtight zip lock bag with a liberal amount of powdered sugar. The sugar is to keep the marshmallows from sticking together.
- ☐ Melt the chocolate in a bowl over hot water.
- ☐ Pour the melted chocolate on a parchment lined baking sheet or counter top into one large sheet about 1/8 inch thick. Cool to room temperature and break into large pieces.

Nutrition Facts



 **PROTEIN 4.32%**  **FAT 19.89%**  **CARBS 75.79%**

Properties

Glycemic Index:45.04, Glycemic Load:123.33, Inflammation Score:-7, Nutrition Score:28.378695643466%

Nutrients (% of daily need)

Calories: 1779.15kcal (88.96%), Fat: 39.19g (60.29%), Saturated Fat: 35.01g (218.79%), Carbohydrates: 336.08g (112.03%), Net Carbohydrates: 330.22g (120.08%), Sugar: 256.27g (284.74%), Cholesterol: 118.88mg (39.63%), Sodium: 822.57mg (35.76%), Alcohol: 0.46g (100%), Alcohol %: 0.11% (100%), Protein: 19.15g (38.29%), Manganese: 2.07mg (103.47%), Selenium: 51.48µg (73.55%), Vitamin B1: 0.79mg (52.44%), Vitamin B2: 0.76mg (44.8%), Folate: 174.03µg (43.51%), Iron: 7.34mg (40.79%), Calcium: 401.68mg (40.17%), Magnesium: 137.9mg (34.48%), Phosphorus: 343.97mg (34.4%), Vitamin B3: 5.78mg (28.88%), Potassium: 916.36mg (26.18%), Fiber: 5.86g (23.43%), Vitamin B6: 0.45mg (22.43%), Copper: 0.44mg (22.01%), Vitamin B5: 1.56mg (15.64%), Zinc: 1.99mg (13.25%), Vitamin B12: 0.71µg (11.82%), Vitamin D: 1.48µg (9.88%), Vitamin A: 302.23IU (6.04%), Vitamin E: 0.71mg (4.71%), Vitamin K: 2.42µg (2.3%), Vitamin C: 1.65mg (2%)