

Handmade Marshmallows



- ¼ cup cornstarch
- 1/3 cup confectioner's sugar (or, preferably, powdered Vanilla Sugar)
- 1 envelope unflavored gelatin
- 1/3 cup water
- 2/3 cup granulated sugar
- ½ cup light corn syrup
- Pinch of salt
- 1 tsp. vanilla extract

Sift the cornstarch and confectioner's (or powdered vanilla) sugar into a bowl. Lightly grease an 8x8 inch square baking pan and sprinkle 1 tablespoon of the cornstarch and sugar mixture into it. Tilt the pan in all directions to coat the sides as well as the bottom. Leave any excess in the pan.

Sprinkle the gelatin into the water in a small saucepan and let soak for 5 minutes. Add the granulated sugar and stir over moderately low heat until the gelatin and sugar dissolve.

In the large bowl of an electric mixer, combine the gelatin mixture, corn syrup, salt and vanilla and beat for 15 minutes on high speed, until peaks form.

Spread the fluffy mixture in the prepared pan and smooth the top. Leave for 2 hours, or until set.

With a wet knife, cut the marshmallow mixture into quarters and loosen around the edges. Sprinkle the remaining cornstarch and sugar mixture on a baking sheet and invert the marshmallow blocks onto it. Cut each quarter into nine pieces and roll each one in the starch and sugar.

Place the marshmallows on a cake rack covered with paper towels and let them stand overnight to dry the surface slightly. Store airtight; the marshmallows will keep for a month.

Makes 36 marshmallows.

*--From "Better than Store-Bought,"
by Helen Witty and Elizabeth Schneider Colchie*