



Berry Marshmallows

Ingredients

- 2 ½ tablespoons powdered gelatin
- ½ cup very cold water
- 1 ½ cups normal white sugar
- ½ cup water, extra
- 2 teaspoons vanilla extract
- 3 teaspoons berry sauce
- Pinch salt
- Mix of 1 cup (total) sifted icing sugar and sifted cornflour for dusting
- 1 cup finely desiccated coconut

Method

1. In a small bowl combine the gelatin powder with the cold water. Mix well and set aside.
2. Grease a 28x18cm tin well and line the base and sides with baking paper, allowing a good 3cm overhang. Lightly grease the paper again and dust generously with some of the icing sugar/cornflour mix.
3. Heat the sugar and water in a medium saucepan over medium heat until the sugar has dissolved and the syrup is clear. Add the gelatin, stir well until it has broken up and dissolved into the syrup and then bring to the boil. Promptly take it off the heat, place in the bowl of your stand mixer and allow to cool for about 15 minutes.
4. Add the pinch of salt, and beat on a medium speed until the mixture begins to thicken up, about 3 minutes. Increase the speed on your mixer and beat until it gets big and fluffy...it may take up to about 7 or 8 minutes but trust me it does get big and fluffy! Add the berry sauce and vanilla for the final 30 seconds of beating before turning off your machine.
5. Scoop the mixture into your prepared tray, smooth the top and allow to set for about an hour. Using the baking paper in the tin, lift the marshmallow onto a board and using a lightly greased knife, cut the marshmallow into 20 squares.
6. Place the remainder of the icing sugar and cornflour mixture onto a large plate and add the coconut. Mix well. As you cut the marshmallows, roll them a couple at a time through the coconut mixture until each piece is well coated and dry to the touch. Place the marshmallow onto another plate or wire rack and allow to set completely (about an hour) before serving.

Cook's notes

1. To make the berry sauce all you need to do is place about 350g mixed raspberries and strawberries into a small saucepan. Add a tablespoon of cold water and bring to the boil. Lower the heat and simmer for five minutes until the berries are completely soft. Allow to cool and then place the mixture in a sieve over a bowl. Gently press the berries with the back of a spoon and allow the gorgeous juices to run into the bowl underneath. This is the sauce that you need for the marshmallows. Whatever is left of the berries is delicious over yoghurt or ice cream or cereal!
2. Due to its sticky nature, I usually lightly grease a rubber spatula with cooking spray to scoop the marshmallow out of the mixer into the tin. I also like to use a lightly greased offset spatula to smooth the marshmallow into the corners of the tin and to smooth the top a little. Same goes with the knife used to cut the marshmallow into squares – it makes it so much easier to obtain clean cuts when the knife has been lightly greased.