

★ U.K. ★ BBQ ★ Week ★



Direct for roasting
marshmallows



Final Temp
120°C/250°F



30 mins



£5



Makes 24

RECIPE

Rhubarb Vanilla Marshmallows



INGREDIENTS

½ vanilla pod
200 g (7 oz) rhubarb stalks, roughly
chopped
500 g (1 lb 2 oz) caster (superfine) sugar
7 sheets gold gelatine
125 ml (4 fl oz/½ cup) filtered water
4 large egg whites
pinch of salt
3 tablespoons icing (confectioners') sugar
2 tablespoons cornflour (cornstarch)

For the sherbet mixture

100 g (3½ oz) icing (confectioners') sugar
1 teaspoon citric acid
1 teaspoon baking powder

METHOD

NOTE: The marshmallow mixture needs time to firm, so begin this recipe at least 8 hours ahead of time.

1. Split the vanilla pod, scrape the seeds and place the pod and the seeds in a small saucepan with the rhubarb and 100 g (3½ oz) of the caster sugar. Cover with a lid and cook over a low heat, stirring occasionally until the rhubarb is really soft. Blend to a smooth purée and pass through a fine mesh sieve.
2. Soak the gelatine in a bowl of cold filtered water for 5 minutes until soft.
3. Pour half of the rhubarb purée into a clean saucepan and bring to the boil. Remove the pan from the heat, drain the softened gelatine leaves and add to the pan. Stir until dissolved, then stir in the remaining rhubarb purée.
4. Place the filtered water and the remaining caster sugar in a saucepan and heat to 120°C (250°F).
5. Remove the pan from the heat, wait 1 minute and then add the rhubarb purée.
6. Whisk the egg whites with a pinch of salt until firm peaks form.
7. Add the rhubarb syrup mixture to the egg whites a little at a time, whisking continuously until all of the fruit is incorporated and the mixture is thick enough to hold its shape.
8. Mix together the icing sugar and the cornflour. Use this mixture to dust a baking tray lined with baking paper.
9. Spread the marshmallow mixture to a thickness of 3 cm (1¼ in) onto the baking tray and then sprinkle the icing sugar and cornflour mixture over the top (reserving a little). Place in the refrigerator to firm for at least 8 hours or overnight.
10. Combine the ingredients for the sherbet mixture. Dust a cook's knife with the remaining icing sugar/cornstarch mixture and cut the marshmallows into cubes. Roll the cubes in the sherbet mixture, and toast over a fire.



Recipe kindly supplied by
Lennox Hastie from *Finding
Fire: Cooking at its most
elemental* (Hardie and Grant
£30)