

## Dehydrated Maple Marshmallows (5:2 Ratio) Recipe

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### **Ingredients**

12 (30 g) Silver Gelatin Sheets or 2.4 (16.8 g) Knox Powdered Gelatin Packets<sup>1</sup>

385 g Granulated Maple Sugar

245.5 g Inverted Dark Maple Syrup<sup>2</sup>

118 g (1/2 cup) Water

Pinch of salt (optional)

130 g Powdered Maple Sugar<sup>3</sup>



<sup>1</sup>To substitute gelatin sheets with powdered gelatin, use 1 packet for every 5 gelatin sheets. Knox brand powdered gelatin has an approximate Bloom strength of 225 and contains about 7 g of gelatin per packet (Knox, n.d.).

<sup>2</sup>To fully invert maple syrup, add 1 teaspoon of invertase per gallon of syrup. For a rapid conversion, hold maple syrup with invertase at 120 – 150 °F for 24 hours. Where time is not a factor, mix the solution thoroughly and store at room temperature for 3 – 5 days.

<sup>3</sup>Instructions for Powdered Maple Sugar preparation are provided in the Basics of Maple Marshmallow.

### **Directions**

1. Submerge gelatin sheets in cold water until softened (10 – 15 minutes).
2. While gelatin is rehydrating, use a neutral-flavored oil (vegetable, canola, corn, safflower) to lightly coat two 18" x 26" baking pans, plastic wrap to cover the marshmallows while they set, and a rubber spatula. Remove excess oil with a paper towel.
3. Squeeze rehydrated gelatin sheets to remove excess water, and place them into a double boiler. Heat on low until the gelatin is liquid (2 – 3 minutes). Take care not to overheat.
4. Transfer liquid gelatin into a stand mixer with a whisk attachment. Gelatin will gel as it cools and liquefy again as the hot syrup solution is added to the stand mixer.
5. In a medium saucepan, add the granulated maple sugar, inverted maple syrup, water, and salt. Heat to 245 °F. Immediately remove from heat and allow to cool to <200 °F.
6. Once the syrup has cooled, turn the stand mixer on low. Slowly add the cooled syrup to the gelatin by pouring it down the side of the mixing bowl.

7. Increase stand mixer speed to high and continue to mix for 10 – 12 minutes.
8. Working quickly, use the rubber spatula to deposit the marshmallow mixture into the baking pans and spread evenly. Gently cover and press the oiled plastic wrap onto the exposed surface of the marshmallow to avoid formation of a crust. Allow the marshmallows to set at room temperature for 6 – 24 hours.
9. Coat a cutting board with Powdered Maple Sugar. Use lightly oiled hands to release the edges of the marshmallow from the baking pan and place the marshmallow onto the cutting board. Using a lightly oiled knife or other cutting implement, cut the marshmallows 20 to 25% smaller than the final desired size.
10. As each marshmallow is cut, coat completely with Powdered Maple Sugar. Shake excess powdered sugar off of the marshmallows using a sifter.
11. Dehydrate marshmallows using a vertical or lateral flow dehydrator at 130 °F until marshmallows are a crisp texture throughout. Rotate marshmallows periodically to ensure evening drying.
12. Store dehydrated marshmallows in an air-tight, moisture barrier container for up to 1 year.

*Recipe yields approximately 300 g or 10 – 12 cups after dehydration.*