

POMEGRANATE & CRANBERRY MARSHMALLOWS

A recipe by **FoodNouveau**

INGREDIENTS

Makes about a hundred square inch [2.5 x 2.5 cm] marshmallows

½ cup [125 ml] pomegranate juice,
plus about ¾ cup [180 ml] more
(see details below - I use POM brand)
3 unflavored gelatin envelopes, for a total
of 0.75 oz [21 g] gelatin powder
2 cups [500 ml] granulated sugar
¾ cups [180 ml] corn syrup

Red food coloring, liquid or gel (optional)
Vegetable oil, for greasing
¼ cup [60 ml] cranberry powder (see note)

METHOD

Pour ½ cup [125 ml] pomegranate juice in the bowl of a stand mixer and sprinkle over the gelatin. Let it rest to allow the gelatin to absorb the liquid.

In the meantime, put the sugar and corn syrup in a saucepan and add just enough pomegranate juice to cover the sugar, about ¾ cup [180 ml] more. Stir thoroughly and brush down any sugar sticking to the sides of the pan with a wet pastry brush (to prevent sugar crystals from forming when heating the mixture).

Cook over low heat until the sugar has dissolved, then turn up the heat to bring it to a boil. Using a candy thermometer to monitor the heat, boil the syrup until it reaches 265°F [130°C]. Once it does, take the pan off the heat and let it cool for 1 minute.

Whisk the gelatin mixture, using the stand mixer, on medium speed. Add the hot syrup, pouring it slowly down the side of the mixer bowl. Don't allow it to touch the whisk directly or it will create sugar crystals in the marshmallows.

Once all the syrup has been added, if the color of the marshmallow isn't as bright as you'd like it to be, add a few drops of food coloring and continue to whisk until the mixture becomes really thick, like a stiff meringue. It's ready when you see the whisk start to form bubblegum-like strands on the surface.

Line the bottom and sides of a 9 x 13 in [23 x 33 cm] baking pan with plastic wrap (use a smaller pan if you want thicker marshmallows), leaving plenty folding over the sides of the pan. Lightly grease with vegetable oil, then scrape the marshmallow mixture into the pan using a greased spatula. The mixture is super sticky, so you'll have to fight it a little.



Recipe Credit: Adapted from Delicious Magazine

Photo Credit: Marie Asselin

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Once it's all in the pan, press it down using the spatula, then cover with another sheet of greased plastic wrap, and press down on the plastic wrap to create an even surface. Leave to set in the refrigerator for at least one to two hours, until the top feels firm when pressed.

Once the marshmallow is set, lift it off the tray using the extra plastic wrap. Peel off the plastic wrap and place the very sticky marshmallow on a lightly greased surface. Pour the cranberry powder in a shallow bowl. Cut the marshmallow into cubes using a lightly greased knife, then roll each piece in cranberry powder.

The finished marshmallows will keep in an airtight container in a cool place for up to two weeks.

NOTE: Cranberry powder is a new and somewhat niche product. A sprinkle of it adds a flavorful and healthy punch to many things such as desserts, salads, lattes, or even salmon tartares and gravlax. You can also dissolve it in hot water to make a delicious hot beverage. It's not a cheap ingredient, but a little goes a long way, and it has a long shelf life. I use the one made by a Quebec City company called Nutra-Fruit, but you'll find a similar product on Amazon.com or at natural foods stores. If you can't find cranberry powder, you can also use pomegranate powder, pulverized freeze-dried raspberries, or just plain cornstarch, which is the usual and basic marshmallow coating.