

Homemade Marshmallow Fluff

Poetry & Pies

prep time: 10-15 minutes

cook time: 5 minutes

total time: 20 minutes

yields: about 4 cups



Ingredients

- ¼ cup (59g) water
- ⅓ to ½ cup (112-168g) honey, to taste (can sub light corn syrup)
- ½ cup (100g) sugar
- 2 egg whites, room temperature
- ½ teaspoon (3g) cream of tartar
- 1 teaspoon (13g) vanilla extract (use clear for a purer white fluff)
- equipment: candy thermometer

Instructions

1. First, ensure all equipment--saucepan, mixing bowl, whisk, spatula(s), candy thermometer, etc.--is free and clear of ALL traces of fat. Clean everything thoroughly, *then* wipe everything down with white vinegar (I dab some onto a paper towel and give each item a wipe down, rinsing, another wipe down, then a final rinse followed by air drying or drying with a clean paper towel). In addition, be very careful not to crack the egg yolk when separating the eggs--even a trace of yolk will ruin the fluff.
2. Place the egg whites in the (cleaned) bowl of your stand mixer fitted with the paddle attachment. Have the cream of tartar in a prep bowl ready to go so you can work quickly when the syrup is ready.
3. Place the water, honey (use ½ cup if you like a sweeter, traditional marshmallow fluff), and sugar in a saucepan with a rounded edge or pour spout. Stir very gently to combine, careful not to create bubbles or slosh the sugar up the sides. Place the candy thermometer in the pan (if it won't stand upright in the pan, then be extra

vigilant watching and checking the temperature). Cook over medium-high heat, without stirring, until it begins to bubble.

4. When the temperature reaches roughly 220-225F/104-107C, add the cream of tartar to the egg whites then mix on high. They should begin forming soft peaks right as the syrup reaches 240F/115C, so check the temperature frequently. Once the syrup reaches 240F/115C, very slowly and carefully stream it into the egg whites. You want to avoid hitting the whisk attachment, so err on letting it gently hit the edge just above where the egg whites are mixing. Since the whole thing will expand, it will eventually absorb any streaks of syrup from the sides of the bowl.
5. Continue streaming the syrup into the egg whites very, very slowly and carefully. This should take a few minutes. Once it is all combined, continue beating the fluff until it is thick and glossy (this could take up to 5-6 minutes more, but could be faster).
6. Once the fluff is thick and very glossy, turn off the mixer, add the vanilla, then beat on high until fully combined and the sides of the bowl feel cool to the touch. This should only take a minute or two.

Enjoy!

Use right away or store in an airtight container up to 2 weeks. I've heard you can store it at room temperature, but I'm one of those who just won't take that chance and I store mine in the fridge.

*Note: if using for a dessert, such as a cake filling or pie topping, do **not** make in advance. Only make in advance if you are using it for something like rice crispy treats or ice cream topping.*