

Mitch Orr's Italian Meringue Marshmallow



Preparation time:	15 mins
Serves:	1 person
User Rating:	★★★★☆

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Categories: Vegetarian

We recently teamed up with Chef Mitch Orr to find out what he thinks the top recipes are that millennials should know how to cook before they turn 30 - including these delicious Italian Meringue Marshmallows. They're deceptively easy to make so give them a crack and be prepared to wow at your next dinner party.



Ingredients

- 2 gelatine leaves, bloomed (soaked in cold water for 5-10 minutes to soften)
- 50g water
- 100g extra water
- 200g sugar
- 100g egg whites

Method

1. Place the 100g water and 200g sugar in a pot, making sure they're combined.

- 2. Over high heat, heat the sugar until 121 degrees. Use a food thermometer to check the water temperature.
- 3. Place the egg white in a stand mixer with the whisk attachment.
- 4. When the sugar reaches 118 degrees begin whisking the egg whites on high speed.
- 5. The whites should be starting to aerate and fluff up by the time the sugar reaches 121 degrees.
- 6. Turn the speed down a little once egg white are fluffed up. Begin pouring the sugar into the whisking egg whites in a steady stream.
- 7. Keep the whites whisking once all the sugar has been added. This is known as Italian meringue.
- 8. Dissolve the bloomed gelatine in the 50g of water.
- 9. Pour the gelatine water into the meringue.
- 0. Whisk on low to medium speed until marshmallow cools to room temp. It should be smooth and shiny.
- 1. You can now pipe the marshmallow mix or set it in a tray to cut later.

By Mitch Orr

Notes

The marshmallow will need 2 hours to set in the fridge

Be sure to check out our easy and delicious [Perfect Vanilla Meringue recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium
440g	3790kj 906kcal	22.3g	0.1g	0.1g	200g	200g	223mg

All nutrition values are per serve.