

DAVID LEBOVITZ

Vegan Marshmallows

Adapted from [Voilà Vegan](#) by Amanda Bankert

Makes one 8-inch (20cm) square slab of marshmallows, which will yield 12-36 marshmallows, depending on what size you cut them.

For the aquafaba, you want to use the liquid from canned or jarred chickpeas. I used Chartreuse elixir in mine, but you can use regular green Chartreuse, rum, brandy, or another favorite libation, or use vanilla extract. Amanda's original recipe called for 1 tablespoon, but I found 2 teaspoons of vanilla was fine to use. Taste, and add the additional vanilla if you'd like.

1/2 cup (60g) powdered sugar

1/2 cup (60g) cornstarch

3/4 cup (175ml) aquafaba

1/2 teaspoon Xanthan or guar gum

1/4 teaspoon cream of tartar

1/2 cup (125ml) water

2 cups (400g) sugar

1/4 cup (60ml) light [corn syrup](#)

2 teaspoons agar agar powder (not flakes)

1 tablespoon liquor (see headnote) or 2 to 3 teaspoons vanilla extract

1. Mix together the powdered sugar and cornstarch in a medium-sized mixing bowl. Spray an 8-inch (20cm) square cake pan with nonstick spray, or drizzle a little neutral-tasting oil in the pan and spread it around with a paper towel. Cut a rectangular piece of parchment paper so it covers the bottom and up and over two sides facing each other in the cake pan, with enough parchment to leave an overhang of paper, which will help remove the marshmallow later. Sift some of the powdered sugar and cornstarch mixture into the cake pan so it's in an even layer on the bottom. Tilt the pan a bit and sift some of the mixture over the sides.

(If you don't have an 8-inch pan, you can use a similar-sized cake or baking pan, or just line a small sheet pan with parchment paper and sift an even layer of the sugar and cornstarch mix over it, roughly 8-inches (20cm) round or square.)

2. In a stand mixer fitted with the whip attachment, start whipping the aquafaba, Xanthan gum, and cream of tartar on high speed until very light and fluffy, until it forms stiff peaks, about 10 minutes. (Don't worry about overwhipping it. Unlike egg whites, you can't overwhip aquafaba.)
3. Pour the water into a medium saucepan (at least 4 quarts/4L) with high sides. Add the sugar and stir until combined, then add the corn syrup and agar agar. (If using a clip-on candy thermometer, clip it to the side of the pot now.) Heat the mixture over high heat and cook, stirring only if the ingredients start clumping together or it threatens to boil over, until it reads 250°F (120°C) on an instant-read thermometer or the clip-on thermometer.
4. With the mixer running on medium-high speed, in a steady stream, gradually pour the hot syrup into the aquafaba, pouring the syrup between the side of the bowl and the whip; if you pour it directly on the whip, or on the side of the bowl itself, the syrup will stick to them and not get into the meringue.

Once you've added all the syrup, increase the mixer speed to high and whip for 5 minutes until the meringue is stiff and shiny, and the outside of the mixing bowl no longer feels warm to the touch. Add the liquor or the vanilla and whip the meringue a little more to incorporate it.

5. Scrape the marshmallow mixture into the prepared pan and use a spatula to even it out. Sift another layer of the powdered sugar mixture over the top and refrigerate, uncovered, for 20 to 30 minutes.
6. Run a sharp knife dipped in hot water (shaking off any excess) to loosen the two sides of the marshmallow mixture from the sides of the pan. Using the overhanging paper as handles, lift out the marshmallow mixture and set it on a cutting board. With the help of the knife, again dipped in hot water, separate the parchment paper from the sides of the marshmallow, flip the marshmallow square over, and peel away the parchment paper. Use the knife to cut the marshmallows into squares.
7. Working in batches, toss a few of the marshmallows in the powdered sugar mixture and shake them a few times in a mesh strainer to remove excess powdered sugar. After you've coated each batch, set the marshmallows on a wire rack or a baking sheet dusted with some of the powdered sugar mixture and leave overnight, uncovered, to dry.

Storage: The marshmallows will keep in an airtight container up to a week, at room temperature.