

upclose & tasty

Mexican Hot Chocolate and Homemade Marshmallows

Recipe Inspired by Barefoot Contessa

Ingredients:

For the marshmallows:

3.5 envelopes of unflavored gelatin
1 cup cold water, divided into 1/2 cups
2 cups granulated sugar
1/2 cup light corn syrup
1/4 teaspoon salt
2 egg whites
1 tablespoon vanilla

Note: I used Penzey's Mexican Vanilla.

For the hot chocolate:

1 cup almond milk
2 teaspoons ground cinnamon
3 tablespoons cacao powder
1/8 teaspoon cayenne
1/4 teaspoon chili powder
3 teaspoons maple syrup (honey works too)
1 tablespoon cooking coconut oil
Sea salt & ground black pepper, to taste
Note: Use a little water, if you want to thin it out.

Preparation:

For the marshmallows:

1. Combine gelatin and 1/2 cup of cold water in the bowl of a stand mixer with the whisk attachment. Set aside.
2. Combine the sugar, corn syrup, salt and 1/2 cup water in a small pot and cook over medium heat until the sugar dissolves and a candy thermometer reaches 240 degrees F. Remove from heat.
3. With the mixer on low speed, slowly pour the hot sugar syrup into the dissolved gelatin.
4. Add the egg whites and the vanilla.
5. Switch the mixer to high speed and whip until the mixture is very thick. This may take about 12-15 minutes.
6. Dust a 9×13 baking dish with confectioners' sugar and pour the marshmallow mixture into the pan.
7. Smooth the top with a spatula and dust additional confectioners' sugar on the top.
8. Allow the mixture to sit in the pan overnight, uncovered, so it dries out.
9. Using a knife, slowly cut along the edge of the marshmallow mix to detach it from the pan.
10. Use a spatula to carefully loosen the mix from the bottom of the pan until you can flip the pan over and the marshmallow mix falls out.
11. Cut the marshmallows into squares and dust with a final sprinkle of confectioners' sugar.
12. Serve with hot chocolate or store in an air tight container at room temperature for up to 1 week.

For the hot chocolate:

1. In a small pot, over medium heat, warm the almond milk.
 2. Add the rest of the ingredients and whisk until well mixed together.
 3. Serve hot with homemade marshmallows.
- Note:** If the hot chocolate is too thick, you can thin it with water.

Enjoy!