

Homemade Marshmallow Fluff

Yield: 6 Cups

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

1/3 cup (3oz) water

3/4 cup granulated sugar

3/4 cup (8oz) corn syrup

3 egg whites (room temperature)

1/2 tsp cream of tartar

1 tsp vanilla extract (optional)

Directions:

- Place egg whites and cream of tartar in the bowl of a stand mixer. Ensure mixer bowl and whisk are completely grease free.
- Place water, sugar, and corn syrup in a medium, heavy bottomed saucepan.
- Over low heat stir to combine and let the sugar dissolve. Do not let this mix simmer until the sugar has dissolved totally.
- Insert a candy thermometer into the pot and heat over medium. Do not stir from this point on as crystals will form.
- Simmer this mix until 240oF (120oC) on a candy thermometer. A candy thermometer is an important tool and unfortunately can not be left out.
- Remove your sugar mix from the heat once you reach your temperature.
- Turn on your mixer to medium speed and whip the egg whites to soft peaks. Approx 3-4mins.
- Turn mixer to medium/low and very slowly and carefully pour the sugar syrup into the whites in a thin, steady stream (if your sugar mix has firmed up pop it back on the heat to make it liquid again).
- Once all of the syrup is in, set mixer to medium/high and continue whipping. The whites will deflate at first, but they will thicken and fluff up.
- Continue to whip for 6-8 minutes, or until the mixture is thick and glossy. Add in vanilla and whip until the fluff has cooled.
- Pour into an airtight container and store for up to 6 weeks at room temperature.



www.BlueRidgeCTC.edu

304.260.4380

