

# Marshmallow Fluff

**Makes approx. 300g**  
**Hands-on Time 20 minutes**

## Ingredients

- 3 large egg whites
- 175g caster sugar
- 1 tbsp golden syrup
- ¼ tsp fine salt
- ½ tsp vanilla extract

## Equipment

- Saucepan
- Heatproof bowl
- Spatula
- Jam or electric thermometer
- Tea towel
- Electric or hand whisk

## Method

### 1. Prepare the Bain-maire

- Fill the saucepan with enough water so that when the heatproof bowl is placed on top, it doesn't touch the water.
- Bring the water to a simmer over medium heat.

### 2. Heat the Mixture

- In the heatproof bowl, combine the egg whites, sugar, golden syrup, salt, and vanilla extract. Stir gently until combined.
- Place the bowl over the simmering water and heat until the mixture reaches 75°C/ 167°F. This should take about 5 minutes. Stir occasionally.

### 3. Whisk the Mixture

- Once the mixture reaches the correct temperature, remove the bowl from the saucepan and place it on a tea towel.
- Whisk on high speed until the mixture becomes thick, glossy, and marshmallow-like (similar to a thick meringue).

Enjoy!