



SAUNDERS' MALT EXTRACT

Preparation

30
MINS

Cook Time

10
MINS*

Serves

8-10

Difficulty

HARD

SMORE DIP WITH HOMEMADE MALTED MARSHMALLOWS

Homemade malted marshmallows, served in a smore dip with gooey chocolate, melted toasted marshmallows and malted milk biscuits for dipping. Perfect camping treat or a dessert for sharing. Read some tips below for your marshmallows prep.

INGREDIENTS

- 1 ½ tbsp gelatine
- ¼ cup cold water
- ¼ cup boiling water
- ¾ cup caster sugar
- ½ cup boiling water
- 1 tbsp Saunders' Malt Extract

To make Smore Dip**

- 100g milk chocolate (we used sugar-free chocolate)
- 200g malted biscuits (we used Malt-O-Milk)

Notes

* Cook time is 10 mins - allow an additional 4 hours for chilling time.

METHOD

- 1 Line a large lipped baking tin with baking paper.
- 2 To make the marshmallows, in a small bowl, mix together the gelatine and cold water. Leave for 5 minutes to bloom (absorb the water, become translucent and the consistency of apple sauce). Mix well and transfer to a large mixing bowl – the marshmallow batter will at least double in volume so use a large bowl. Add boiling water and mix well.
- 3 Working quickly, in another bowl dissolve sugar and malt extract in 1/3 cup of boiling water.
- 4 Add the dissolved sugar and malt syrup to the large bowl and mix well. Beat the mixture on high speed with a hand mixer or in a stand mixer for 10-15 minutes or until it forms stiff peaks**.
- 5 Pour the marshmallow batter into the paper-lined tin and place in the fridge for 3-4 hours to set.

REMAINING STEPS - NEXT PAGE

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- 6 To make the smores dip, warm a clean medium frying pan or cast iron pan over medium heat, then remove from heat.
- 7 Place pan on a trivet or wire rack. Chop chocolate or if using thin chocolate squares, layer chocolate around the base to start melting.
- 8 Slice marshmallows into squares or rectangles and place on top of the chocolate. Using a kitchen flame torch, toast the tops of the marshmallows until golden and melty, or simply place the pan under a pre-heated grill for 1-2 minutes to toast the marshmallow tops. Serve with biscuits on the side for dipping.
- 9 Leftover marshmallows will keep in the fridge for 5-7 days.

** *Tips*

- A sufficiently-whipped marshmallow batter will hold a stiff peak shape for several seconds before collapsing back on itself.
- If working in humid conditions, reduce the amount of water in both steps by a tablespoon.
- Stand mixers are more powerful at whipping air into marshmallows than hand-held mixers. It can be done, but be prepared to hold the mixer for 10-15 minutes on high speed.
- The amount of chocolate and biscuits will make enough dip to use up half of the marshmallows.

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