

# Fruit Marshmallows

Adapted from El Bulli 2001-2002

Ingredients	Method
<p>Icing sugar</p> <p>[A] Gelatin solution 180 g reduced fruit pulp 20 g gelatin</p> <p>[B] Invert sugar syrup 500 g sugar 240 g water Pinch cream of tartar</p> <p>[C] Meringue 2 egg whites Pinch salt</p>	<p>Strain the fruit pulp to remove any lumps or bits of pith or seed. Chill (important!), then bloom gelatin in the pulp and pulse with an immersion blender to break apart any lumps. Meanwhile, bring the sugar, water, and cream of tartar to boil, and cook until it registers 125°C / 257°F (hard ball). Do not stir. Once the target temperature is reached (assuming at least 5 minutes have passed), dissolve the gelatin solution in the invert sugar syrup. Be careful, as it will bubble up. Next, beat the egg white with the salt in a stand mixer. Once it has formed stiff peaks, slowly stream in the invert syrup, as if making Italian meringue. Continue beating until the mixture has cooled almost completely. Pipe onto parchment paper, then toss in icing sugar. Let dry in the fridge at least 1 hour before bagging.</p> <p><b>HOW TO DETERMINE THE TEMPERATURE WITHOUT A THERMOMETER:</b> Prepare a bowl of ice water, and pour a small amount of the syrup into it. The syrup will cool instantly and harden. The degree of hardness gives an approximation of the sugar concentration, which is directly linked to its boiling temperature. If you're feeling a bit more crazy, hold your hand in the cold water a few seconds, then quickly pick up a small amount of the syrup with your fingertips and return it to the cold water. You're looking for a firm, almost hard ball, as the name implies. It should not crack easily</p>