Passion Fruit Marshmallows (Classic and Brûléed)

Airy, melt-in-your-mouth marshmallows made with fresh passion fruit juice whipped into an Italian meringue. They can be cut into simple sugar-dusted cubes or torched to a glassy brûlée crust and served over the tangy passion fruit seeds.

300 min · about 24 marshmallows (9x13-inch pan) · involved · French



INGREDIENTS

Passion Fruit Gelatin Base

- [ ] **12 sheets** silver gelatin sheets
- [ ] ice water, for blooming
- [ ] **about 12** fresh passion fruit, enough for 240 g strained juice; reserve the seeds
- [ ] **1 splash** vanilla extract
- [ ] **1 pinch** salt

Meringue

- [ ] **2 cups** granulated sugar
- [ ] **2/3 cup** water
- [ ] **1/2 cup** glucose syrup, listed in description only (optional)
- [ ] **4 large (about 4.2 oz / 120 g)** egg whites

Dusting

- [ ] **1 2/3 cups (7 oz / 200 g)** cornstarch
- [ ] **1 2/3 cups (7 oz / 200 g)** powdered sugar

Brûlée Finish

- [ ] **2–3 tbsp** granulated sugar, for torching (optional)
- [ ] reserved passion fruit seeds and pulp, for serving (optional)

METHOD

Prep

1. Soak the gelatin sheets in ice water until soft and floppy; set aside.
2. Halve the passion fruit, scoop the pulp into a fine mesh strainer and press with a spoon to extract 240 g juice; reserve the seeds.

Passion fruit base

3. Warm the juice in a saucepan over medium heat with the vanilla and salt. Squeeze all water from the gelatin, add it and stir just until melted. Remove from heat and cool to about room temperature.

Syrup

4. Combine the sugar, water and glucose (if using) in a saucepan and boil, cooking to 244°F (118°C).

Meringue

5. When the syrup reaches about 230°F (110°C), start whipping the egg whites in a stand mixer to soft peaks.
6. With the mixer running, drizzle the 244°F syrup in a thin stream between the bowl wall and the whisk, then whip on high for at least 5 minutes.
7. Slowly drizzle in the passion fruit gelatin mixture and whip another 5 minutes, stopping once to scrape down the bowl, until thick, glossy and falling in heavy ribbons.

Set

8. Sift together the cornstarch and powdered sugar. Dust the inside of a 9x13-inch pan generously, spread in the marshmallow and smooth it, then dust the top heavily.
9. Leave at room temperature 4–6 hours, ideally overnight, until set.

Cut

10. Heat a knife and ring cutter over an open flame for a few seconds, then cut into cubes, rounds or other shapes; toss cut edges in the dusting mix for the classic version.

Brûlée version

11. Sprinkle a thin layer of sugar over the top of a cut marshmallow and torch until glassy and caramelized; serve over the reserved passion fruit seeds.

TIPS

– Dust the top of the marshmallow well, as it helps dry out any lingering moisture from the egg whites.

– Pour hot syrup carefully between the whisk and the bowl wall to avoid splatter—it burns badly.

– Let the gelatin-juice mixture cool to room temperature before adding it to the meringue.

– Briefly heating the knife and cutter over a flame gives clean cuts.

– The description lists 240°F and optional glucose while the video cooks to 244°F without glucose; this recipe follows the video temperature.

– Passion fruit count is an estimate—buy enough to yield 240 g strained juice.

Chef Shane Spencer · https://www.youtube.com/watch?v=JQ9vayGobgM