VOILA
CHEF

PAUL OCCHIPINTI

SOFT CHOCOLATE & COCOA MARSHMALLOWS

ONLINE COURSE BEGINNER LEVEL

TECHNICAL DESCRIPTION

TOTAL COMPLETION TIME
50 minutes

COMPLETION TIME
20 minutes

BAKING TIME
-

REST PERIOD
30 minutes

INGREDIENTS

YIELDS 40 MARSHMALLOW BEARS:

- 3.6 oz Cocoa paste (100 g)
- 0.9 oz Don Papa rum or water (25 g)
- 1.2 oz Skim milk (35 g)
- 1.4 oz Banana puree (40 g)
- 4.6 oz Sugar (130 g)
- 5.8 oz Invert sugar (165 g)
- 1.8 oz Water (50 g)
- 2.1 oz Glucose (60 g)
- 0.4 oz Gelatin (13 g)
- 1.1 oz Water (32 g)
- Cocoa
- 7.1 oz Dark chocolate (200 g)

In the video, the Chef uses twice the indicated quantities to make the marshmallows.

SPECIFIC UTENSILS

- Silicone molds (any shape)
- Thermometer

STEP 1 – RUM & CHOCOLATE SET CREAM

Pour the banana puree, milk and rum into a saucepan over medium heat.
Bring the liquids to the boil.

Remove from the heat, add the cocoa paste and mix with a maryse, then with a whisk. The final desired texture is not homogeneous and will look grainy.

INGREDIENTS

- 0.9 oz Don Papa rum or water (25 g)
- 1.2 Skim milk (35 g)
- 3.6 oz Cocoa paste (100 g)
- 1.4 Banana puree (40 g)

CHEF TIPS

- To prepare a flavored marshmallow: make a neutral white base on one side, and the flavored base on the other.
- Don Papa's dark rum goes well with pastries. If you are planning to serve the marshmallows to children, it is possible to make the recipe without rum, by simply replacing it with water.
- To qualify as a confectionary product, you need to have as little water as possible. It is water that considerably reduces the shelf life of the products.
- The set cream has a grainy appearance because it is saturated with fat. Once mixed with the white base, a nice texture will develop.

STEP 2 – MARSHMALLOW MASS & FILLING THE MOLDS

INGREDIENTS

- 4.6 oz Sugar (130 g)
- 2.8 oz Invert sugar (80 g) (hot)
- 2.9 oz Water (82 g)
- 2.1 oz Glucose (60 g)
- 3 oz Sugar (85 g) (cold)
- 0.4 oz Gelatin (13 g)

CHEF TIPS

- Use silicone molds to facilitate removal from the mold.
- The powdered gelatin can be replaced by gelatin sheets that have been previously rehydrated in cold water and after removing the 32 g of water.
- The invert sugar can be replaced by honey. It has exactly the same properties, but the honey adds some extra flavor.
- The aromatic base to be integrated into the white base must contain as little water as possible (soft caramel, fruit paste, etc.). That way, this product becomes a confectionery type product, with a long shelf life.
- Once the syrup is boiling, you must avoid stirring it to avoid crystallizing the sugar.
- Mixing the marshmallow at high speed in a mixer allows it to take in as much air as possible and bring the temperature down to 104° - 113° F (40 - 45° C).

Lightly grease the molds.

Using the 32 g of water, hydrate the gelatin.
Heat in the microwave for 1 minute.

In a saucepan, pour the invert sugar (hot), sugar, water and glucose.
Heat the syrup to 235° F (113° C).

At the same time, pour the other part of the invert sugar (cold) into the bowl of a mixer fitted with a whisk attachment.
Once the syrup has reached 235° F (113° C), pour it into the bowl. Allow the temperature to drop for a few seconds, then add the gelatin mass.
Blend the mixture at high speed for 5 minutes.

Once the whipped marshmallow has reached a temperature of about 104° - 113° F (40 - 45° C), add the rum set cream. Mix briefly with the mixer.
Finish mixing by hand with a maryse.

Fill a piping bag with the flavored marshmallow. Using the piping bag, go ahead and fill the molds.

Leave the marshmallow to cool at +39° F (+4° C) for 30 minutes.

STEP 3 – UNMOLDING THE MARSHMALLOWS

After 1 hour of crystallization, remove the marshmallows from the mold.

Set aside at room temperature prior to coating them.

CHEF TIPS

- If the mold is well greased, the marshmallows will unmold themselves.
- If necessary, you can put the marshmallows in the freezer for a few minutes to make them easier to unmold.

STEP 4 – FINAL COCOA COATING

INGREDIENTS

- Cocoa
- Melted dark chocolate (95° F 35° C)

CHEF TIPS

- The chocolate should not be too hot as it could melt the marshmallow. The chocolate does not need tempered for this recipe.
- Take a large plate to roll the truffles a little longer in the cocoa to give the irregular truffle appearance.
- The marshmallows will keep for 3 months when stored at room temperature.

Dip your hand very lightly in the melted chocolate. Coat the ball with your hand.

Place the ball in the cocoa before the chocolate crystallizes and roll it to give it that traditional truffle look.

For the marshmallow bears, place them directly into the cocoa powder.

Remove the excess cocoa with a sieve or strainer.

And VOILA CHEF, enjoy!