

How to melt marshmallows

From the sweeties.net wiki

Marshmallows are a foam of sugar, water and air, held together by a whipping agent, usually gelatine. Warm them gently and they soften and melt into a sticky, stretchy mass: see [how are marshmallows made?](#)

On the hob

This is the method Kellogg's uses for its original crispy rice squares:

1. Melt a little butter in a large saucepan over a low heat.
2. Add the marshmallows and stir until they have completely melted.
3. Take the pan off the heat and use the melted marshmallow straight away, before it starts to set.

Keep the heat low throughout. Marshmallow is mostly sugar, and a hot pan can scorch it.

In the microwave

Kellogg's also gives a microwave method: heat the butter and marshmallows together in a microwave safe bowl on high for 3 minutes, stirring after 2 minutes, then stir until smooth. That is for a full batch of about 40 marshmallows, so for a handful, use short bursts and stir in between.

Use a big bowl, because marshmallows puff up in the microwave: see [why do marshmallows expand in the microwave?](#)

Tips for a smooth melt

- **Use fresh marshmallows.** Kellogg's says fresh marshmallows give the best results.
- **Add butter.** Both of Kellogg's methods melt the marshmallows together with a little butter.
- **Work quickly.** Melted marshmallow firms up as it cools, so have everything else ready before you start.

The crispy square

A classic use for melted marshmallow was invented in 1939 by two Kellogg's employees, Malitta Jensen and Mildred Day, in the company's kitchens in Battle Creek, Michigan, to promote Rice Krispies. The squares are made by stirring the cereal into melted marshmallow and butter, pressing it into a tin and cutting it when cool. In the UK and Canada, Kellogg's sells them as Rice Krispies Squares, and Kellogg's says they are best served the same day.

Marshmallows also go into rocky road, and on top of hot chocolate: see [how to make rocky road](#) and [how to make the most chocolatey hot chocolate](#)

A note on gelatine

Many marshmallows are made with gelatine, which comes from animals, so they are not suitable for vegetarians. Gelatine free marshmallows are sold too, so check the label: see [what sweets are gelatine free?](#)

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