

How to make marshmallows without gelatine

From the sweeties.net wiki

A marshmallow is a foam: sugar, water and air, held together by a whipping agent. In most commercially made marshmallows, that agent is gelatine: see [how are marshmallows made?](#)

Why most marshmallows use gelatine

Gelatine is made from collagen, a protein from animal skin, connective tissue and bones. In marshmallows it does two jobs: it helps hold the air in a stable foam, and it sets as a gel that melts at around 35°C, just below body temperature, which is part of why marshmallows melt in the mouth.

Because it comes from animals, gelatine is avoided by vegetarians and vegans, and marshmallows are not generally considered kosher or halal unless the gelatine comes from a suitable source: see [gelatine in sweets explained](#)

The alternatives

- **Egg white.** Egg white proteins make a good foam, and softer marshmallow products such as marshmallow creme use egg white instead of gelatine, which suits people who eat eggs but not gelatine.
- **Agar.** A jelly made from the cell walls of red seaweeds, used as a vegan substitute for gelatine.
- **Aquafaba.** The liquid from cooked chickpeas, which vegans use in place of egg.
- **Marshmallow root.** The original recipe used the powdered root of the marsh mallow plant.

A vegan method to try

This follows a recipe from The Happy Pear, the Irish chefs, which uses agar and aquafaba.

For the whip: 120 ml aquafaba, 1 teaspoon vanilla extract and, if you have it, a quarter teaspoon of cream of tartar.

For the syrup: 100 ml water, 1½ tablespoons agar flakes or 1½ teaspoons agar powder, 200 g cane sugar and a pinch of salt.

For dusting: 30 g arrowroot and 15 g icing sugar, mixed.

1. **Prepare the tin.** Line a 20 by 20 cm tin and dust it with some of the arrowroot mix.
2. **Whip.** Whisk the aquafaba with the cream of tartar for 8 to 10 minutes, until it holds stiff peaks, adding the vanilla near the end.

3. **Make the syrup.** Simmer the agar in the water for 5 to 7 minutes until it dissolves, then add the sugar and salt and cook for another 3 to 5 minutes, until it is like runny honey, or 110 to 115°C on a thermometer.
4. **Combine.** With the mixer on low, pour the hot syrup slowly into the whipped aquafaba, then turn it up and whisk for 8 to 10 minutes until thick and glossy.
5. **Set.** Spread it straight into the tin, because agar sets quickly as it cools, and leave it at room temperature for 2 to 4 hours.
6. **Cut.** Slice with an oiled knife and toss the pieces in the rest of the arrowroot mix.

The Happy Pear says they keep for up to 5 days in an airtight container. The hot syrup can burn, so an adult should handle it.

Buying instead

If you would rather not make your own, several brands of vegetarian and vegan marshmallows are sold. Check the label for gelatine: see [what sweets are gelatine free?](#)

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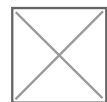
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