

THE FROM SCRATCH FARMHOUSE

# PUFFED RICE CEREAL

## **Ingredients:**

- parboiled American long-grain white rice
- avocado oil

You will also need a thermometer to keep track of the oil's temperature and a sieve to strain the rice.



### To make parboiled rice:

- 1. Heat a pot of water until it comes to a boil.
- 2. Add rice and let boil 4-6 minutes, or until the tips of the rice grains are clear. Don't fully cook the rice!
- **3.** Spread the rice out on a parchment paper covered baking pan. Let air dry, or dry it in a low-temperature oven for about 45 minutes.

### Instructions:

- 1. Add 1-2 inches of avocado oil to a large skillet.
- 2. Heat the oil to 440-450 degrees Fahrenheit.
- 3. Add  $\frac{1}{3}$  cup of parboiled long-grain rice to the hot oil, dispersing it evenly across the top of the pan.
- **4.** Immediately stir or agitate the rice across the pan, and then remove the pan from the heat as all of the rice is puffing up.
- **5.** Quickly dump the rice and oil through a sieve sitting on a small pot. Shake the sieve to remove excess oil, and then immediately dump it on to a plate lined with paper towels to absorb oil and let it cool.
- 6. As soon as it's cool, you can move the puffed rice to your final bowl or container.
- **7.**To make more, simply dump the strained oil back into the skillet and repeat the steps.

# HOMEMADE MARSHMALLOWS

### **Ingredients:**

- 1/3 cup powdered sugar
- 3 T cornstarch
- 2 ½ Tunflavored gelatin powder
- 1 cup water, divided
- 1½ cups of granulated sugar
- 1 cup light corn syrup (I highly recommend organic)
- pinch of salt
- 1 tsp. vanilla extract
- butter



### Instructions:

- 1. Butter all sides of a 9x13 pan and set aside. In a small bowl, whisk together powdered sugar and cornstarch. Dust all sides of the buttered pan with the sugar mixture. A sifter works great for this! Set remaining mixture aside.
- 2. To a stand mixer add 1/2 cup water. Then, sprinkle gelatin across the top. Let that sit to bloom, or absorb some of the water, while you do the next step.
- **3.**To a small saucepan add: ½ cup of water, sugar, corn syrup, and salt. Whisk it together over medium heat. Put on the lid and let heat up for about 4 minutes until it comes to a boil.
- **4.**Remove the lid and cook, without stirring, until the mixture comes to a temperature of 240 degrees Fahrenheit. This will take about 5-7 minutes.
- **5.**Carefully take the hot syrup mixture and pour it down the sides of the stand mixer bowl while the mixer runs on low speed. After it comes together, turn up your mixer speed to medium.
- **6.** Let it run for about 10 minutes until the mixture fluffs up. While it is mixing you can tap off any extra powdered sugar in your pan. Towards the end, add in vanilla extract, and then let it mix in for a minute more.
- **7.** Use a buttered spatula to transfer the marshmallow fluff to the pan and smooth it down evenly. I like to butter my hands next so that I can get it a little smoother and flatter.
- **8.** Dust the tops with more of the powdered sugar mixture and smooth it out so that just a light layer covers the entire surface. Cover remaining mixture and set aside.
- **9.**Cover the pan and set it aside for a minimum of 3 hours to firm up. Do not try to cut them right away because they don't quite have the structure yet.
- 10. Use a buttered knife to cut into your desired size. Dust all sides with the remaining powdered sugar mixture. Store in an airtight container.

# PERFECT RICE CRISPY TREATS

## **Ingredients:**

- 6 T salted butter + additional for greasing pan
- 16 ounces marshmallows
- 7 cups puffed rice



#### Instructions:

- 1. Butter a 9x13 pan on all sides and set it aside.
- 2. Melt 6 tablespoons of butter in a large pot over medium heat.
- **3.**Add in marshmallows and whisk the marshmallows with the butter continuously until they are almost completely melted with just a few lumps remaining.
- **4.**Remove the pot from the heat and continue to stir until the marshmallow mixture is smooth. Move quickly for these last few steps because the marshmallows will harden quickly!
- **5.** Dump the melted marshmallow mixture over the bowl of puffed rice cereal and use buttered hands or a buttered spatula to mix it well.
- **6.** Dump the mixture into your prepared pan. I like to butter the bottom of a measuring cup to press it down nice and even. Finally, cover it and let it sit to firm up for an hour or so.
- 7. The easiest way to cut them up is with a buttered knife.
- **8.** Best served the same day. If you want these to last for a few days make sure they are in an airtight container.

Optional: Drizzle withe melted chocolate and top with candies, nuts or other toppings.