Nougat and marshmallow confections share similar ingredients and processes. The basic formulas for nougats and marshmallows are shown in Figure 1.

Both are made using similar ingredients. Both candies consist of three major components. The first component is a medium in which to carry the whipping agent. The second component consists of the whipping agent, usually rehydrated in water to assist incorporation into the final candy. These two parts are added together, then mixed with the final part. The final component is a cooked syrup base into which the combined first two parts are added during the whipping stage of manufacturing. In the hands of a talented confectioner these same raw materials are transformed into a multitude of tasty treats. Both nougat and marshmallow can stand alone or be combined with other candy centers to make a wide variety of confections. Since both nougat and marshmallow use the same basic materials, what is the difference? The differences lie in the proportions of the ingredients and the preparation of those ingredients. With a common base consisting of a cooked syrup, the first difference comes from the ratio of sugar to corn syrup in the base syrup. The second difference is the choice of whipping agent and the method of aeration. In general, marshmallow tends to be more highly aerated than nougat. These two differences result in obvious differences between the two confections.

MARSHMALLOW

Marshmallow (Figure 2) can be formulated in a variety of methods. Cut marshmallow is a marshmallow that is aerated, extruded and cut in a single operation. The finished product is rolled in powdered sugar to seal any exposed surfaces. Another type of marshmallow can be cast into a starch mould. This allows the confectioner to mould the candy into a multitude of shapes. After curing in starch, the marshmallow can be removed from the starch mould, cleaned of excess starch and coated with a variety of coatings. Some marshmallow formulations are made so the resulting product is nearly dry. The center can then be panned and the moisture from the panning operation soft-