

## ■ Section O – Children’s Recipes

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### Meringues

- Whites of 4 eggs
- ¼ teaspoon cream of tartar or 1 teaspoon vinegar
- Flavouring
- 8 tablespoons castor sugar

Beat whites stiffly.

Add sugar half tablespoon at a time. Beat well.

Add cream of tartar and flavouring. Beat well.

Place in teaspoon heaps on baking paper.

Bake in a very slow oven about 2 hours.

When cooked store for use as required.



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### Salt Dough

- 1 ½ cups plain flour
- ½ cup fine table salt
- 1 tablespoon vegetable oil
- 2/3 cup chilled water

Preheat oven to 120° C.

Line 2 baking trays with baking paper.

Mix flour and salt in a bowl. Make a well in the centre.

Pour in oil. Gradually add water, stirring mixture with a wooden spoon until combined.

Turn dough onto a lightly floured surface.

Knead to make a smooth ball then create item. Place item on trays and bake for 2 ½ hours or until firm and dry. Cool on wire rack.

**Example:** Christmas hanging items. Roll dough out between 2 sheets baking paper until 7mm thick, use shaped cutters to cut and skewer to make a hole at the top. After cooked and cooled use acrylic paint to paint item while wet can sprinkle with glitter.

Thread ribbon to hang.

