

Section O - Children's Recipes

SALT DOUGH

INGREDIENTS

Salt Dough

1 ½ cups plain flour

½ cup fine table salt

1 tablespoon vegetable oil

2/3 cup chilled water

METHOD

1. Preheat oven to 120° C.
2. Line 2 baking trays with baking paper.
3. Mix flour and salt in a bowl. Make a well in the centre.
4. Pour in oil. Gradually add water, stirring mixture with a wooden spoon until combined. Turn dough onto a lightly floured surface.
5. 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.



JELLY BEAN BISCUITS

INGREDIENTS

125 grams butter

1 1/2 cups self-raising flour

3/4 cup brown sugar, firmly packed

1/4 cup cocoa powder

1 egg

1 x 170 gram packet jelly beans

METHOD

1. Beat butter and sugar in bowl with electric mixer until light and fluffy.
2. Add egg and beat well.
3. Stir in sifted flour and cocoa. Mix well.
4. Roll mixture into balls. Place about 3 cm apart on a lined baking tray.
5. Press a jelly bean in the centre of each ball.
6. Cook in a moderately hot oven (190 deg.) for about 12 minutes, or until firm. Cool completely, before eating.

