

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.



BLUEBERRY MUFFINS

*** Makes 6*

INGREDIENTS

- 2 cups self-raising flour
- ¾ cup firmly packed brown sugar
- 1 egg
- 1 cup fresh or frozen blueberries
- ¾ cup milk
- ½ cup vegetable oil
- 2 teaspoons icing sugar mixture

METHOD

1. Before you turn the oven on, move a shelf to the middle of the oven. Turn the oven to 200°C. Lightly grease a 6-hole Texas muffin pan (the holes should be big enough to hold about ¾ cup of the muffin mixture). Put the flour and sugar in a strainer and use a wooden spoon to sift them into a large bowl.
2. Break the egg into a small jug and using a fork, beat it until it becomes 1 colour. Add the beaten egg, blueberries, milk and oil to the flour mixture, then stir until just mixed together - do not overmix.
3. Spoon the mixture evenly into the holes of the prepared muffin pan. Put the pan in the oven and bake the muffins for 25 minutes. Using oven mitts, take the pan out of the oven and put it on a wire cake rack. Test the muffins with a skewer.
4. As soon as the muffins are cooked, carefully tip them out of the pan onto the wire cake rack. Just before you serve the muffins, sift the icing sugar over the top.

