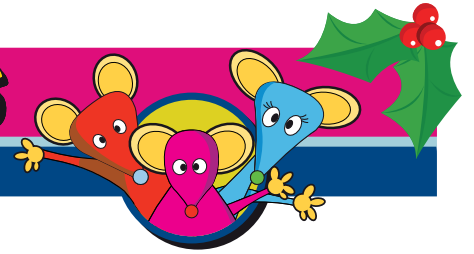


Inspiring young minds...™

KIDS



Christmas creams

Note: These are activities for you and your child to enjoy together. The safety of your child is obviously very important.

Ingredients

8 oz. (225g) cooking chocolate, plain or milk

1 tsp. peppermint essence

1 egg white

8 oz. (225g) icing sugar

red and green food colouring

You will need

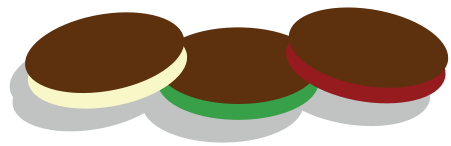
Bowl

Wooden spoon

Rolling Pin

Cutters

Greaseproof paper



1. Gradually fold in the egg white into 6 oz. of the icing sugar until stiff
2. Add the rest of the icing sugar and the peppermint essence then knead to form a stiff paste
3. Divide the paste into three pieces, adding red colouring to one, green colouring to a second and leaving the third piece plain
4. Lightly dust a work surface with icing sugar then roll out each piece of paste to a thickness of about a quarter of an inch (5mm)
5. Cut into one and a half inch (3.5cm) rounds with a round or fluted biscuit cutter
6. transfer to a sheet of greaseproof paper and leave overnight
7. Gently melt the cooking chocolate in a bowl over hot water
8. Carefully dip half of each mint cream in the chocolate then lay on a wire rack to set

TIP: Putting your home-made mint creams in a nice box or bag will make an excellent gift for family or friends or use to decorate your Christmas table.