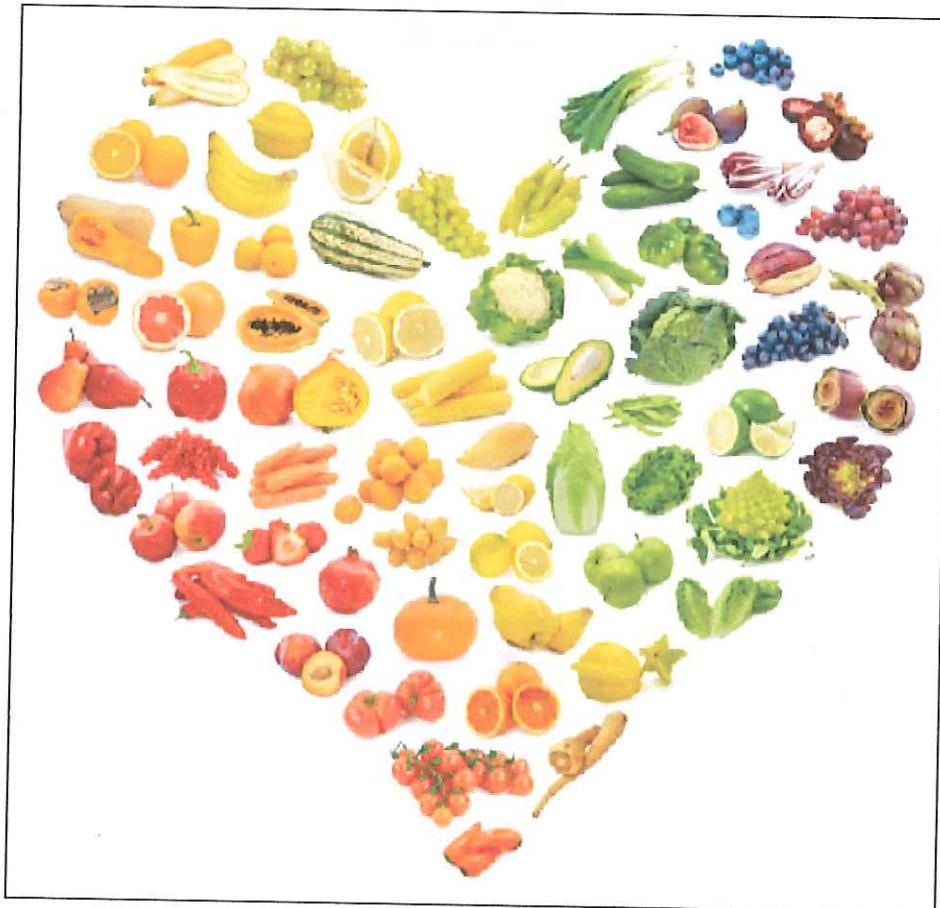


# Cooking Without Heat

15<sup>th</sup> October 2016



## Ancient Egyptian Date Candy

You will need:

- 1 cup of fresh dates
- 1 teaspoon cinnamon
- 1/2 teaspoon cardamom seed
- 1/2 cup of fresh ground walnuts
- warm honey
- fine ground almonds

1. Mix the dates with some water to paste.
2. Mix in cinnamon and cardamom seeds.
3. Knead in the walnuts.
4. Form balls, spread with honey and cover in the ground almonds.



## Apple Smiles

You will need:

Apples

Peanut butter or chocolate spread

Mini Marshmallows

Knife

1. Cut the apple into wedges, removing the core
2. Spread smooth peanut butter or chocolate spread onto one side of an apple wedge
3. Using miniature Marshmallows, position the "teeth" in place onto one of the apple wedges.
4. Top with another apple wedge so that the peanut butter acts as a cement for the Marshmallow dentures.



## Armpit Fudge

You will need: (single portion version)

1/2 cup icing sugar

1 Tbsp. (tablespoon) butter

2 tsp (teaspoon) cream cheese (Full fat)

Dash of vanilla essence

2 tsp (teaspoon) cocoa

Ziploc bag

What to do:

- 1) Place all ingredients in a sandwich-size plastic zipper-bag (Ziploc™ etc.)
- 2) Squeeze out all the air (you might find a straw helpful to suck out the air).
- 3) Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a cream consistency.
- 4) Take out a spoon and enjoy.

Variations: Add any favourite flavours or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc.)



PRETZEL BUTTERFLY

**You will need:**

Small Pretzel biscuits (2 for each butterfly plus extra for the antenna)

Soft Piping icing (tube or in a bag)

Grease proof paper

M&M's or Smarties

1. Pipe a thin line of icing onto a piece of grease proof paper
2. Press two pretzel twists firmly onto the icing with the single holes touching in the middle and the double holes forming the butterfly wings.
3. Pipe more icing along the middle for the body
4. Place 2 broken pieces of pretzel for the antenna
5. Pipe icing into the wing holes
6. Place M&M's into the icing to decorate the wings

Suggestion: Try melted chocolate and smaller sweet candies for a quicker setting butterfly



### **Butterfly Snack Bags**

**You will need:**

Snack-sized Ziploc bags

Clothes pegs

Googly eyes

Glue

Pipe cleaners (cut in 1.5 inch pieces)

Snack foods: baby carrots, grapes, cheese cubes, strawberry slices, kiwi rounds, orange slices, cucumber slices, etc.

1. Decorate the clothes peg by gluing on eyes and allowing to dry. You could decorate the clothes peg with markers or glitter glue, as well. Allow to completely dry before moving on.
2. Fill the snack bags with the snack materials - don't fill them full, as you need space to gather the baggie in the middle. Use about ½ cup of snack for each snack-sized bag.
3. Separate the snack in the bag into two parts, and twist a pipe cleaner between the two sections. Form the pipe cleaner into antennae.
4. Clip the clothes peg over the centre of the bag.



## Candy Canes

### You will need:

225g fondant icing  
Peppermint essence  
Red food colouring  
Icing sugar  
Baking tray  
Baking parchment

1. Line the base of the baking tray with baking parchment
2. Place the fondant icing on your work surface. Add two drops of peppermint essence. Press and knead the essence into the fondant
3. Divide the icing mixture in half. Add a few drops of red food colouring to one half. Press and knead the mixture with your fingers to spread the colour through it. If it is not red enough add a few more drops of colouring
4. Sprinkle some icing sugar on your work surface so the icing does not stick.
5. Mould the white fondant into a sausage shape and put it on the work surface. Using your fingers gently roll it backwards and forwards. Keep rolling until the fondant 'rope' is about 7mm thick. Do the same with the red fondant.
6. Lay the red and white icing ropes side by side and twist them tightly together.



7. Roll again so that you have a red and white striped 'rope'
8. Cut the rope into pieces about 15cm long. You should get between 15 and 20 canes.

9. Curl one end of each cane. Lay them on rows on the lined baking tray.

10. Leave in a cool dry place until the candy canes are hard.



### Coconut Ice

#### You will need:

6tbs sweetened condensed milk

250g (9oz) icing sugar

175g (6oz) desiccated coconut

Pink colouring

1. Mix the condensed milk and the icing sugar in a large bowl.
2. Stir in the coconut, the mixture will be stiff
3. Add a few drops of food colouring and knead well until the colour is even.
4. Press into a tin dusted with icing sugar and chill until firm.
5. Cut into squares to serve

### Cream Cheese Aquariums

#### You will need:

Rice cakes (one per girl)

Cream cheese

Blue food colouring

Fish crackers

Green pepper cut in thin slices

Plastic knives

1. Have the girls wash their hands before making the snack.
2. Mix a few drops of blue food colouring into the cream cheese until it is well-blended. Have the girls spread the blue cream cheese onto the rice cakes.
3. Girls can then create their aquarium by adding fish crackers and green "seaweed" (peppers or other green vegetable).



### Cream Cheese Dip

#### You will need:

1 Carton Natural Yoghurt

1 Carton Cream Cheese

Peeled, finely chopped cucumber

1 Level teaspoon Paprika

Salt and Pepper

Crisps for dipping

1. Peel cucumber. Chop it finely.
2. Put cream cheese into bowl
3. Add yoghurt and mix in well
4. Stir in paprika and cucumber
5. Put into serving bowl and surround with crisps and other things for dipping



### Easy 5-in-1 No Bake Cookies

These no-bake cookies are so tasty and nutritious. The basic recipe makes several different yummy cookies. Add your favourite ingredients to make your own unique cookie. The orange juice concentrate gives the cookies an orange flavour.

Begin with the following ingredients:

- 1/2 cup peanut butter
- 1/2 cup honey or corn syrup
- 1/4 cup orange juice concentrate
- 1 1/2 cup non-fat dry milk solids

Mix thoroughly. Now choose one of the following 5 steps:

#### 1. OR's

- 2 c. rolled oats
  - 1 1/2 c. raisins
- Mix. Shape into balls then flatten. Makes 3 dozen medium cookies.

#### 2. Crispy Balls

- 4 cups crispy cereal
- Mix. Shape into small balls. Makes 4 dozen small balls.

#### 3. Raisin Clusters

- 1/4 c. cocoa
  - 4 c. raisins
- Mix. Cluster into small balls. Makes about 4 dozen small clusters.

#### 4. Coc O Balls

- 1/4 cup cocoa
  - 2 c rolled oats
  - 1/4 cup chopped peanuts
  - 1 tsp. vanilla
- Mix. Shape into balls. Makes 2.12 dozen cookie balls.

#### 5. Digestives

- Add 1/4 cup raisins. Spread between digestive biscuits. Makes about 3 dozen.

### **Edible Bunnies**

#### **You will need:**

Chocolate egg e.g. crème egg

Chocolate Digestive biscuit

Marzipan

Food colouring

Tubes of icing

Candle and matches

1. The egg is the body of your rabbit. Using the lighted candle slightly melt the bottom of the egg so that you can secure it to the biscuit base. The egg should be standing upright
2. Using the marzipan make head, feet, ears etc. You can colour the marzipan with the food colouring in desired. (A small block of marzipan can be divided into enough for ten people.)
3. Add the details using the tubes of icing.

### **Ginger Beer Plant**

#### **You will need:**

Powdered ginger

Sugar

Chlorine free water i.e. bottled water or tap water stood for 24 hours

Large jar e.g. Kilner or Jam jar, sterilised

1. In the jam jar place 1½ cups water and add 1 dessertspoon of ginger and 1 of sugar
2. Mix well. Cover with a net or loose weave cloth
3. Leave on kitchen counter in a warm environment
4. Add 1 dessertspoon of ginger and 1 of sugar for the next 7 days, mixing well each time.
5. You should see the mixture begin to ferment, this is using natural yeasts in the air
6. If the mixture has not started to ferment leave for another 7 days feeding it daily
7. On the 7<sup>th</sup> day feed the plant then using muslin strain the liquid into a large bowl. Squeeze well to remove as much liquid as possible. Put the plant aside
8. Add 4 litres of water to the ginger liquid, 2-3 cups of sugar and the juice of 2 lemons. Mix well until the sugar has dissolved
9. Sterilise plastic bottles using hot water and soap, rinsing well
10. Bottle the ginger beer liquid and sit them on the kitchen counter for a couple of days to continue fermenting and develop fizz
11. Add the tops and put the bottles in the fridge
12. When it is cold and there are bubbles on the side of the bottle it is ready to drink



## How to make Butter

You will need:

▫ Double cream

▫ Jar with a tight fitting lid

1) Pour the double cream into the jar - about  $\frac{1}{4}$  full

2) Fit the lid on, make sure it's securely on!

3) Shake the pot for about 15 minutes, shake as hard as you can! The milk fats will join together to make the butter.

4) Drain off the liquid (buttermilk).

5) Enjoy your butter

Note: If it seems like it isn't working just keep going... shake it harder!

## Indian Sweets

Ingredients:

Condensed milk

Desiccated coconut

Raisins

Chopped nuts

Icing sugar

Method:

1. Put a small amount of condensed milk into a small bowl.

2. Add a handful of desiccated coconut, a few raisins and chopped nuts.

3. Mix together.

4. Form into small balls with the hands.

5. Coat with icing sugar and leave to set.

## Ziploc Ice Cream

You will need:

- 1/2 cup milk (it doesn't matter what kind, whole, 2%, chocolate, etc.)
- 1 Tablespoon sugar
- 1/4 teaspoon vanilla (you might try other flavourings)
- Ice Cubes
- 1 large and 1 small Ziploc bag
- 6 Tablespoons of rock salt

Method:

1. Add the milk, sugar and vanilla to a pint size Ziploc freezer bag and zip shut.
2. In the large bag add ice to fill bag  $\frac{1}{2}$  way, 6 Tablespoons salt (rock or regular)
3. Place the smaller bag in a larger (quart or larger) Ziploc bag. For extra security you can put this inside another Ziploc bag.
4. Zip the large bag shut and shake, shake, shake, and mix the bag. In about 5-10 minutes you will have cold hands and yummy ice cream.

**Warnings:** Don't double this it doesn't seem to work. Be sure you get all the salt off the small bag before you open it.



### Sherbet Dip

#### You will need:

- 1 tsp Bicarbonate of soda
- 1 tsp citric acid
- 165g icing sugar, sifted
- 1 tsp cream of tartar
- 1 tsp jelly crystals
- Lollies to dip
- Small paper bags

1. Place the bicarbonate of soda and citric acid in a pestle and mortar and grind to a fine powder
2. Place in a bowl with the icing sugar and cream of tartar
3. Whisk together using a hand whisk
4. Add the jelly crystals and mix in. Taste to ensure good flavour, if necessary add more crystals
5. Divide the sherbet between 9 bags and use the lollies to dip into your sherbet.

### Spider Cookies

#### You will need:

- Black string licorice
- Orange crème filled chocolate sandwich biscuits
- 1 tsp chocolate ready to spread frosting
- M&M mini candies

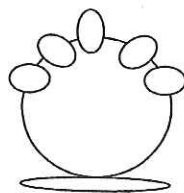
1. For each cookie, cut eight 1 1/2-inch pieces of licorice for legs. Insert 4 pieces into filling on each side of each cookie.
2. With frosting, attach 2 M&M's™ minis chocolate candies to top of each cookie for eyes.



### Turkey Snack

#### You will need:

- p
1. Divide the biscuit into two pieces. To do this use a knife to slip between the two biscuits to cut through the filling without breaking the biscuits.
  2. Place four or five mini marshmallows around the top edge of one of the biscuits.
  3. Place some green icing on the other biscuit and stand up the biscuit with the marshmallows on to form the feathers of the turkey.



4. Place a Malteser on the base biscuit up against the upright biscuit to form the head.
5. Make the eyes by "stealing" a little bit of the biscuit filling with a toothpick to form the eyes.

6. Add a touch of red icing to make the waddle.

