

Barlina House Preschool

Favorite Recipes

Edible Craft Dough Cookies

(This colored dough can be shaped into playful objects just like craft dough. It's good anytime, not just the holidays.)

1 cup butter or margarine, softened
1 cup shortening
2 ½ cups sifted powdered sugar
6 hard-cooked egg yolks, mashed
2 teaspoons baking soda
2 teaspoons cream of tartar
1-tablespoon vanilla extract
5 cups all-purpose flour
Any color paste food coloring

Cream butter and shortening, gradually add sugar, beating until light and fluffy. Add egg yolks, soda, cream of tartar, and vanilla, beating well. Gradually add flour, mixing well.

Divide dough into 4 equal portions. Color one portion red, one yellow, one green, and leave remaining dough plain. Wrap each separately in plastic wrap, and chill at least 1 hour.

Hand shape cookies into desired designs or roll dough out to ¼ inch thickness on ungreased baking sheets and cut with cookie cutters. Remove dough scraps. Bake at 350 for 8-10 minutes. Allow cookies to cool on baking sheets 1-2 minutes; remove to wire racks and cool completely. Yield: About 5 ½ dozen cookies.

Kool Aid Playdough

1 cup sifted flour
½ cup salt
3 tbs. Oil
1 package unsweetened kool aid
1 cup boiling water

Combine the salt, flour and kool aid in a bowl and stir together. Add the oil and the boiling water to the kool aid mixture and stir vigorously until all the lumps disappear. Allow the playdough to cool slightly, and knead a few times while it is cooling.

Store in a ziplock bag in the refrigerator. It should keep for a week or more.

Silly Putty

3 cups white glue
3 cups liquid starch
Food coloring

Mix all ingredients, store in airtight container. Do not let children get this on their clothes- it will stick!!! Silly Putty can be mixed individually in small amounts or as one large batch. This substance stretches, bounces, snaps, tears and expands into a bubble if blown with a straw.

Goop

Cornstarch
Water
Food Coloring

Mix 2 parts cornstarch with 1 part water plus coloring if desired. Pour this mixture onto a tray or into a bowl. Add more cornstarch and see what happens. Keep adding cornstarch and watch the consistency change. This is totally tactile experience! It may look messy, but cleans up quickly and easily by brushing it off of clothes and vacuuming the floor.

Rainbow Stew

1/3-cup sugar
1-cup cornstarch
4 cups cold water
Heavy-duty sealable bags
Food coloring (red, blue, yellow)
Duct tape

Mix sugar, cornstarch and water in a pan. Heat until it begins to thicken, stirring constantly. Cool. Divide the mixture equally into 3 containers, and then add food coloring- one color per container- until mixture reaches the color intensity desired. Add 3 heaping tablespoons full of each color to a heavy-duty sealable bag. Seal the bag and tape it closed. Children can knead the bag, mixing the colors into a "rainbow stew". This recipe is perfect for that child who doesn't like to get his/her hands messy.

Bubbles

2 quarts water
¼ cup glycerin
¾ cup liquid soap

Kool Aid Playdough

1 cup sifted flour
½ cup salt
3 tbs. Oil

Alphabet Pretzels

1-½ cups warm water
1 envelope active dry yeast
4 cups flour
1-tablespoon honey (to activate the yeast)
1-teaspoon salt
1 egg

Preheat oven to 425. Mix the warm water, yeast, and honey. Set aside for 5 minutes. Mix the salt and flour in a separate bowl. Add the yeast mixture to the salt and flour mixture and stir them together. Beat the egg and set aside. Help each child take a handful of dough. Encourage children to make all kinds of shapes. (The more they handle their dough, the fatter their pretzels will be.) For children's final shapes, ask them to create a specific letter. For guidance, you might want to have an alphabet book or chart nearby. Next, ask the children to brush their letters with the beaten egg to make them shiny. Then sprinkle them with salt. Bake for 12 minutes. Before eating, discuss the different sizes and shapes of the letters that children made.