



Salt dough is a brilliant modelling material!

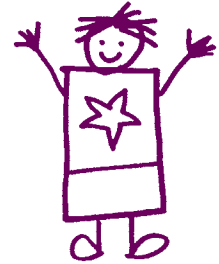
You can use it to make almost anything from little people or animals to jewellery and cool 3D pictures. Even better, it's made from the ingredients you've probably already got stashed away in the kitchen. Learn how to make it here, and then get modelling.

Ingredients

- 1 cup of salt
- 2 cups of plain flour
- 1 cup of water
- 3 teaspoons of lemon juice (optional)

Equipment

- Mixing bowl
- Large spoon
- Rolling pin (optional)
- Baking sheet or large plate
- Foil

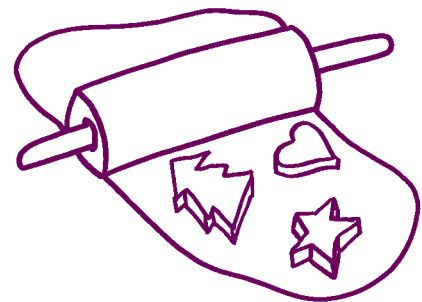


Instructions

- 1 Mix the flour and salt together in a bowl, and then add the water a little bit at a time. Keep stirring the ingredients and they should gradually come together to make a firm, smooth dough. You might find it's easier (but messier!) to use your hands to knead everything together. If the mixture is too dry, add more water. If it's too sticky, sprinkle in a little bit more flour.



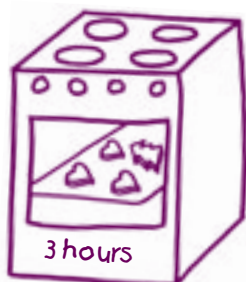
- 2 Mould the dough either with your hands or by flattening it with a rolling pin and cutting out shapes with a cookie cutter. When you're happy with your dough models, place them carefully on a foil-covered baking sheet or an old plate.



- 3 There are two ways to harden your salt dough.

OVEN BAKING:

This is quicker, but bigger shapes can sometimes crack as they're heated up. Set your oven to 120 C / 250 F / Gas Mark 1-2 and place the baking sheet on the middle shelf. Leave the dough to heat through for 3 hours if your pieces of dough are small and thin, or 4 hours for bigger, thicker shapes. You need to make sure that they are cooked right through, so very carefully turn the dough over every half an hour. Allow to cool in the oven before you take them out and decorate.



AIR DRYING:

Air drying is alright for small and thin objects. Leave your shapes to dry on a flat surface. Average time for air drying is 30-48 hours.



TOP TIP
Adding 3 teaspoons of lemon juice along with the water will make your finished dough shapes harder.

! Watch out! Hot ovens can be dangerous. Always use an oven mitt, and ask an adult to help out.