

Best Play Dough Recipe

INGREDIENTS / SUPPLIES:

- 1/2 cups (125mL) warm water
- food coloring
- ½ Tablespoon (7mL) oil
- 1 cups (250mL) flour
- 1/3 cup + 1 Tablespoon + 1 teaspoon (95mL) salt

DIRECTIONS:

1. Put water in bowl
2. Add food coloring of your choice to bowl (optional but makes it more fun!), the more you add, the darker it becomes
3. Add ½ tbsp (7mL) of oil to each bowl
4. In a separate bowl combine flour and salt, thoroughly mix ingredients together
5. Add the flour/salt mixture into bowl with water and oil, mix well
6. If the mixture is too crumbly - add more water, if it is too sticky – add more oil, if it's too goeey/wet – add more flour.
7. Spread a small amount of flour onto counter/cutting board, put a couple drops of oil in the palm of each hand. Knead until it forms a ball

Ideally, your play dough should be on the drier side, it will be much easier to chop, slice, dice, etc. - the pieces will separate if the dough is drier/firmer. If your dough is too soft/moist, it won't cut and separate well.

Use the play dough to practice your cutting techniques.

Your instructor will sign off after you have demonstrated each cutting technique. As this is now a virtual class, please take pictures of each cut (can use the following documents to show your cuts on) and include in your daily annotation/reflection. Feel free to browse YouTube and other sources for proper knife skills videos. Some good ones are <https://youtu.be/G-Fg7l7G1zw> <https://youtu.be/cV0c7qiNjul>
https://youtu.be/2X_goZPa5z4

Gluten Free Play Dough Recipe

INGREDIENTS / SUPPLIES:

- 1 cup (250mL) Baking Soda
- 1/2 cup cornstarch
- 150mL (1/2 cup plus 1 Tablespoon plus 2 teaspoons) water (or as required)
- Food colouring (optional)

DIRECTIONS:

1. In a medium pot, whisk together all ingredients, except food colouring.
2. Place pot on stovetop over medium heat.
3. Stir constantly until mixture begins to thicken and has the consistency of mashed potatoes.
4. Remove from heat and turn out onto a cutting board to cool completely before adding food colouring.
5. Divide dough into equal portions and roll into a ball. Press your finger down into the top of each ball to make a deep impression to drop your food colouring into (if leaving natural skip this step).
6. Use a few drops of food coloring into each ball (the more you add the darker it will be), and knead well until colour is thoroughly incorporated. The food colouring may stain, so protect your countertop or surface you are kneading on and you may want to use rubber gloves to protect your hands from staining.

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