

Keeping It Sweet



A MESSAGE FROM THE PRESIDENT....

Hi Everyone

This is our first issue of this current lockdown. We hope to bring you an issue about once a fortnight. We need your help in providing some articles that we can print. It can be cake decorating related or just a good article you think our members would be interested in.

We need to keep positive during this time and to quote someone else, I know how hard that is. With our workshops being cancelled we hope to bring you some tutorials that you can watch.

It is so important that we get vaccinated. Jan and I have had the Astra Zeneca vaccine. Two doses and had no reaction except for feeling a little tired for a day or so. Leanne has had the Pfizer vaccine. It is so important, if we are going to go anywhere at all with any safety that as many people as possible have the jab.

We also need to keep busy. For me that is cooking and I have started a diet with only really healthy ingredients. No sugar, little carbohydrates, no salt and lots of vegetables I love but no potato, pumpkin, fruit which I also love, I can only have blackberries, strawberries and raspberries. As you can imagine this is hard. I love my food. I have been researching all the recipes I can find for nice tasting healthy food. There are a lot out there but some could do with a tweak or two. If you have any recipes that fall into this category then please send them to Leanne and she can print them in the next edition. Any other suggestion for keeping busy would be appreciated as well.

Exercise.

We will be publishing in the next edition some chair exercises for those who are unable to go walking. You can also find these on YouTube. Keep smiling and happy. Try to keep your spirits up. A glass or two a week may help.

Pam Archibald.

LOCKDOWN HUMOUR

I'm bored.

Let's play *Guess the Animal*. To make it harder, I've blanked the faces out.



I tried donating blood today...NEVER AGAIN!!!

Too many stupid questions. Who's blood is it? Where did you get it from? Why is it in a bucket?

The good thing about having a social life like mine is that you don't even notice you are in quarantine



UNCOOKED FONDANT

by Helen Dissell

Sugar Art 
creations

Making your own plastic icing, fondant, sugarpaste, RTR, Pettinice, Bakels etc (all the same thing just different names) is the easiest thing to do. Simply follow the recipe below.

The benefits way exceed the 10 minutes in preparation time.

There are no air bubbles.

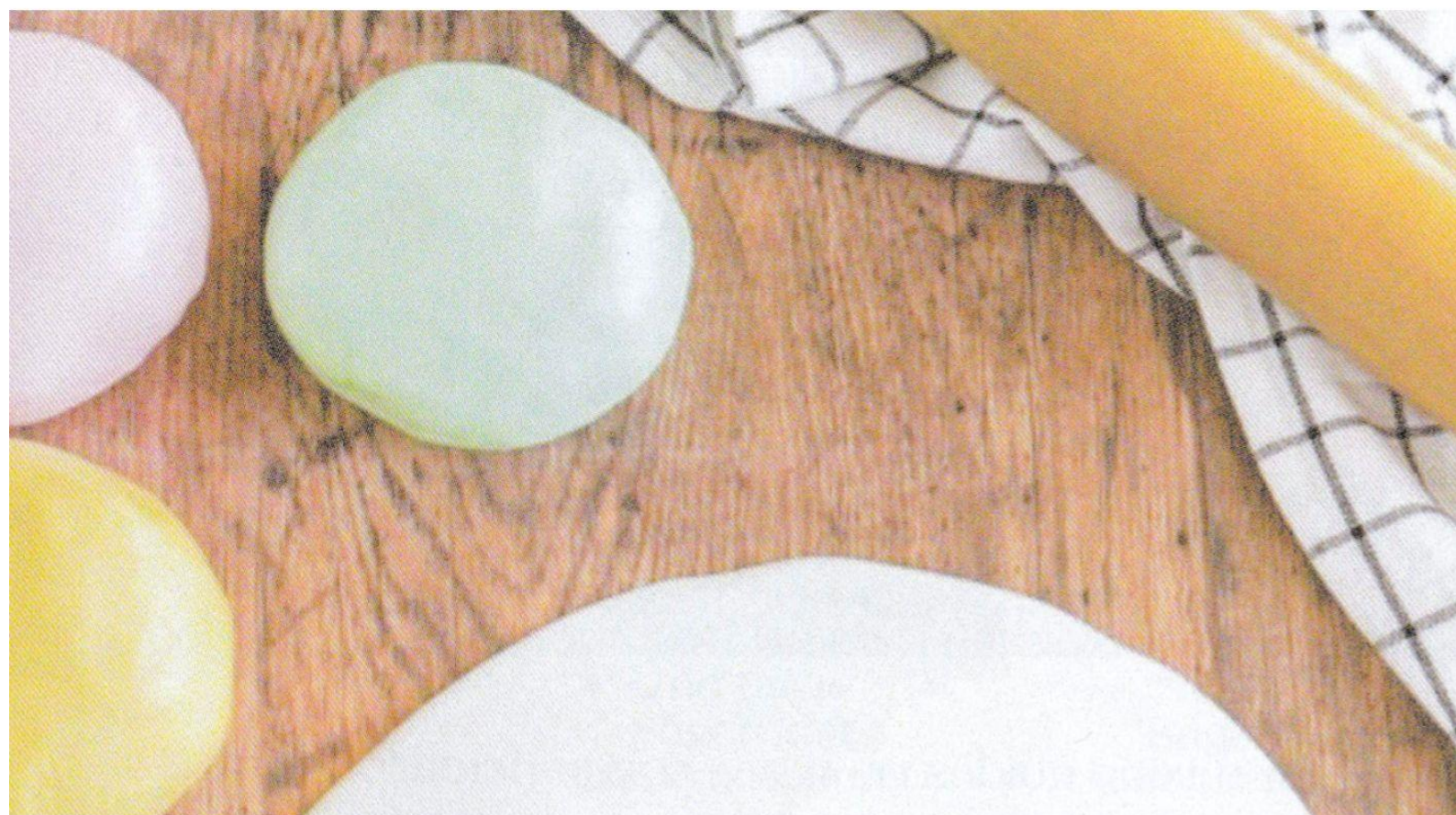
It is economical.

No added preservatives or chemicals are used and it could be classified organic.

The icing dries a little slower and you have more working time to get rid of any crazes. A perfect covering can be achieved.

Never worry about mixing colour into commercially bought paste as one colour is mixed uniformly.

Always use 24 hours after making to get the best results.



Uncooked fondant - Recipe

1kg sifted icing sugar
100ml gelatine softened in 50ml of cold water
20g Vegetable fat melted
250 g liquid glucose
Tylose powder 15ml
white powder colouring

Method:

Wash hands first!

1. Warm the liquid glucose by standing the bottle of glucose in hot water.
2. Sponge the gelatine in cold water and then stand in a bowl of hot water until it is clear and fully dissolved.
3. Place the icing sugar and tylose in a large bowl and form a well in the centre of the sugar.
4. Melt the fat.
5. Activate the white powder to form a thick paste with a little water and add it to the wet ingredients.
6. Place all the liquid ingredients into the centre of the well of icing sugar and work in well. Knead the sugar paste for about 10 minutes until well pliable and non-sticky. If necessary add extra icing sugar mix or corn flour if it is too sticky. Do not use excessive fat as this will dry the paste out however a little can be used.

HOT TIP:

If coloured fondant is required in a large quantity, then colour can be added to the liquid mixtures such as the melted fat prior to working in icing sugar. Sugar Art Creations powder colours are concentrated powder colours and can be used to get a quick and easy result.

See colour mixing guides on www.sugarartcreations.com.au

Iced Vo-Vo's

Biscuit Ingredients:

- 60 gram butter, chopped, at room temperature
- 1/2 cup caster sugar
- 1 egg
- 2/3 cup plain flour
- 2/3 cup self-raising flour

Topping:

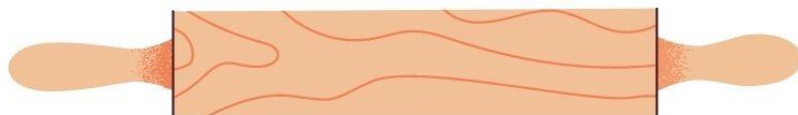
- 100 gram packet pink marshmallows
- 30 gram butter
- 1/4 cup icing sugar, sifted
- 1/2 cup desiccated coconut
- 1/3 cup raspberry jam, warmed

Method:

- Preheat oven to moderate, 180°C. Lightly grease and line 2 oven trays with baking paper.
- In a large bowl, using an electric mixer, beat butter and sugar together until light and fluffy. Beat in egg.
- Sift flours together and fold into creamed mixture. Turn onto a lightly floured surface. Knead lightly until smooth. Wrap in plastic wrap, chill 15 minutes.
- Roll out dough between 2 sheets of baking paper until 4mm thick. Using a fluted pastry wheel, cut dough into 24 rectangles 4 x 5cm. Arrange on trays 3cm apart. Bake 10-12 minutes, until lightly golden. Cool on trays for 10 minutes, then transfer to a wire rack to cool completely.
- Meanwhile, to make topping; in a small saucepan combine marshmallows and butter. Stir over a low heat until melted and smooth. Mix in icing sugar. Spread coconut on flat plate. Working quickly, spread a little icing along both sides of biscuit, leaving centre strip bare. Dip in coconut, shaking off excess. Spread warmed jam down centre strip. Repeat with remaining biscuits. Allow to set.



Recipe from
www.womensweeklyfood.com.au





BAKING WITH KIDS

RAINBOW CATERPILLAR BISCUITS



Using Arnott's Milk Coffee Biscuits, cover each with green icing of your choice. Top with 2 rows of smarties or mm's. You can use chocolate melts for the head, lolly eyes and musk sticks for the face, but be creative and use what you like to create your bright, colourful caterpillar.



Recipe idea submitted by Jan Longley

*Hey Pooh?
Yes Piglet?
This thing seems to be going
on forever.
You mean the pandemic thing?
Yeah, will it ever end?
Oh I hope so Piglet.
I do too, I miss so much.
What do you miss?
Hugs Pooh, I miss hugs.
Yeah, its the one thing
the humans were
good at
I know Piglet,
I know*

