**Peppermint Creams**

This easy recipe does not require any cooking!

To make the most of the sensory aspects of cooking follow the tips in blue.

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|  | **You will need:**115g condensed milk225g icing sugar1-2 teaspoons peppermint essence**Optional:** 55g dark chocolate for coating/ decoration |
|  | Weigh 225g icing sugarSieve icing sugar into a bowl |
|  | Weigh 115g condensed milkPour milk into bowl with icing sugarAllow participants to taste a small amount of condensed milk |
|  | Mix icing sugar and condensed milk |
|  | Mix in 1-2 teaspoons peppermint essenceEncourage participants to smell the peppermint flavouring |
|  | Mix into a smooth doughEncourage participants to knead and squeeze the dough with their hands |
|  | Sift some icing sugar onto a clean surface, to stop the dough from sticking |
|  | Roll out the dough to about 5mm thick |
|  | Use small cutters to cut out shapes |
|  | Put the peppermint creams on baking paper chill in the fridge for 1-2 hoursEncourage participants to feel the coolness of the creamsEnjoy! |
|  | **If you want to add some chocolate decoration:**Break 55g of dark chocolate into squaresEither melt the chocolate in a microwavable bowl (heat it for short bursts of 20 seconds and stir in between),or melt the chocolate in a bowl over a pan of simmering waterNotice the smell of the chocolate and the shiny chocolate packaging |
|  | Dip the peppermint creams in the melted chocolate or drizzle chocolate over the topKeep in the fridge in an airtight container Eat within 3 weeks |



**Chocolate fudge**

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|  | **You will need:**400g dark chocolate397g condensed milk110g icing sugar25g butter**Optional flavourings:** vanilla, orange, or peppermint essence |
|  | Break 400g chocolate into squares(milk chocolate and white chocolate can also be used and will make softer, sweeter fudge)Notice the smell of the chocolate and the shiny chocolate packaging |
|  | Weigh 397g carnation milkWeigh 25g butter |
|  | Mix butter and milk with the chocolate |
|  | Melt the mixture over a pan of simmering waterThe mixture can also be melted in the microwavable bowl (heat it for short bursts of 20 seconds and stir in between for about 3 minutes in total), |
|  | Notice the chocolate melting and turning the mixture brownWhen the chocolate has melted, take the bowl carefully off the heat  |
|  | Weigh 100g icing sugar |
|  | Sieve the icing sugar into the mixture |
|  | The mixture can be divided and different flavourings added to each batch such as orange, peppermint or vanillaEncourage participants to smell the different flavourings |
|  | Line a baking tray with baking paperPress the fudge mixture into the tinSmooth over with the back of a spoonTaste some of the warm mixture |
|  | Put the tin in the fridgeChill for 1 hourRemove the fudge from the tin and cut into small squaresStore in an airtight container in the fridge for up to two weeks Note if participants prefer certain flavours of fudge |