

PICNIC BOX

COCONUT ICE BAUBLES

Food Fun with a Festive Twist

Coconut Ice Baubles

Ingredients:

- 250g Sweetened Condensed Milk
- 250g Icing Sugar
- 200g Desiccated Coconut
- Food Colouring (two colours)
- 100g Desiccated Coconut
- Water
- Small Sandwich Bags
- General Kitchen Equipment



Method:

Coconut ice is a traditional favourite and a confection that can be used to evoke the look and taste of Christmas.

1. Mix the condensed milk and the icing sugar together in a large bowl using a wooden spoon.
2. Add the 200g of coconut to the bowl and continue to mix – the mixture will become very thick and difficult to stir so you might want to use your hands to combine the ingredients together.
3. Dust a board with some spare icing sugar and make lots of little bite-size balls from the coconut ice mixture. Place these on a plate and leave uncovered to set for at least 3 hours or ideally overnight.
4. In a sandwich bag, place a 50g of the coconut and a few drops of one of the food colourings, close the bag and shake well to mix, this will colour the coconut your chosen colour (the mixture should remain quite dry).
5. Take half the balls and turn them into baubles by wetting them slightly with water and then rolling them in the coloured coconut in the bag. Set aside to dry.
6. In another sandwich bag repeat the process of colouring 50g of coconut then wet and coat the remaining balls.

Food / Allergies: Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods. All activities must be safely managed.

Knives / Sharp Objects: Supervise young people appropriately when using knives. Store all sharp objects securely.

Hot Oven / Hotplates: Supervise young people appropriately when using an oven or hotplates for cooking.

