

# Have a go at .... Sugar crafted sprouts!!!

## What you will need:

Sugarcraft modelling paste (one standard pack should make around 13 sprouts plus leaves)

Dark green food colouring/paste

Cocktail sticks (plastic ones are really good but any sort will do)

Silicon leaf veiner (these are around £6 for a set, or you could use kitchen paper in the same way)

Small pieces of sponge (cut up new kitchen sponge is great)

Edible glue (or make your own – see below)

Sealable plastic bag to store your mixed sugar paste and prevent it drying out

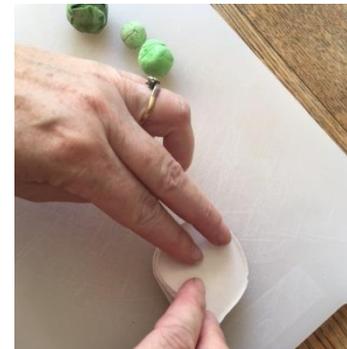
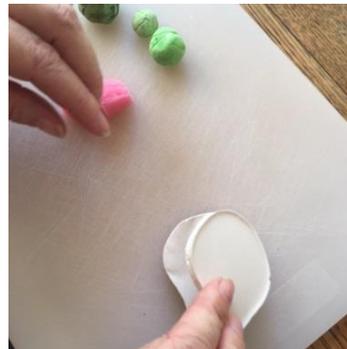
Surface to work on – this can get a little messy!!

Icing sugar and water to create paste to stick sprouts onto your iced cake



This is a fun project to create a slightly differently Christmas cake. To start mix your green colouring into the sugarpaste to create a good lump of green coloured modelling paste. Roll a couple of small balls (between 1 – 2cm in diameter); leave these to harden a little. Remember to make sure you store the remaining green paste in a sealable plastic bag to prevent your paste from drying out.

Now pull a small piece of green paste off your mixed “lump”, roll into a small ball and then flatten out with your fingers, then insert the flatten piece between the silicon leaf veiner (or kitchen paper whichever you are using) then squeeze hard to flatten the paste.





Gently unpeel one side of the veiner mould (or paper) to reveal your pressed leaf. Peel off the leaf and place on the palm of your hand. Take a cocktail stick and push into the base of your leaf to create an indentation. This creates a natural crease and gives the effect of the sprout leaf bending as well.

Dap green food colouring/paste directly onto a small piece of sponge and dap onto your leaf. This will come out quite dark and intense; however the colour fades a little and will also rub off as you are handling your sprout!

Turn the leaf over in your hand and apply a thin layer of edible glue, using a cocktail stick or small brush to rub the glue over the back of the leaf. Carefully place the glued side of your first leaf onto the now slightly hardened pre-rolled ball and push the leaf around until firmly in place. Now start the process again and make the second leaf. When positioning the next leaf gently overlap the first leaf and continue around until you have between 5 – 7 leaves in place and your sprout looks like a sprout! You can push the leaves in a bit if you feel that need to and also apply a little more green food colouring/paste to the centre if it is looking a little pale.





Keep making until you have 12 or 13 and then create a plain thick icing to use to stick your sprouts onto your iced cake. Our cake was finished off by creating single sprout leaves to “tumble” around the base of the cake.

### **Make your own edible glue!**

Mix a small amount of sugarpaste with a little boiling water in a heat proof bowl.

Begin mixing the water into the sugarpaste with a spoon. As the two combine with the water and start to become thick glue like liquid. Don't make this too thin and runny, test using a brush to see if all the lumps have gone and that the glue doesn't drip.



**These sprouts were created by cake creator Fiona Wakeford on behalf of the NFWI**