



No-Cook Fudge

This is another no-cook recipe which you can use to make a nice gift for someone.

When it's made, design a suitable bag or box for your fudge.

Equipment

1. One hundred and seventy five grams of butter.
2. One small can of sweetened condensed milk. You can buy this from any grocery store or supermarket.
3. Eight hundred grams of icing sugar, sieved.



Safety Stuff

Be especially careful when you try any of these projects. Kitchens are very dangerous places: most things seem to be very hot or very sharp! Always check with an adult before you begin, and make sure they know what you're going to make.

Read through the recipe before you start. Write out a list of what you need, but have a look in the cupboards before you go shopping, in case there are any ingredients that you already have and so won't need to buy. If there are, check with an adult before you use them. Otherwise you might have eaten somebody else's tea! Before you start cooking, make sure that where you're going to be working is clean and tidy. Have everything ready that you'll need, but clear away any extra items so that you have plenty of space to work in. Successful cooking requires a lot of time and patience, so you need to be well organised and prepared right from the start.

Always wash and dry your hands before you begin. If your hair is long, tie it back while you're cooking. You should also wear an apron to protect your clothes (plastic ones work very well) and remember to roll up your sleeves!

It will be very useful to have an adult around to help you when you work. You'll often need to use sharp knives, scissors or electrical equipment when preparing food, so make sure you're especially careful with these as they can be dangerous.

You should also ask an adult to help you when you're transferring food to or from the oven or stove top. Always turn saucepan or frying pan handles to the side of the cooker, so you don't catch yourself on them, and use oven gloves when you're handling hot things. Otherwise you're likely to drop your food all over the floor, as well as burn your fingers!

Don't touch electrical equipment, plugs or switches when your hands are wet as you might get an electric shock, and never leave the kitchen when something is cooking - you don't know what might happen whilst you're gone!

If you spill things, clear it up straight away (use a clean, damp cloth to wipe work surfaces). You should also clear up anything that is spilt on the floor so it doesn't become slippery. (Don't use the same cloth to wipe your work surfaces and the floor.) Keep a rubbish bin nearby when you're cooking, so that you can easily put things in it as you go along, rather than letting the rubbish pile up.

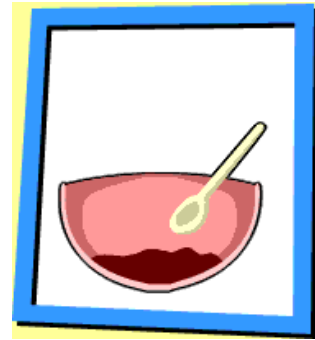
Leave the kitchen tidy when you finish, otherwise you might not be allowed back in for a while!

Steps

Step One

Start by using a wooden spoon to cream (or 'mash up') the butter in a bowl until it is soft.

When the butter is soft, carefully stir in the condensed milk. Gradually add the sieved icing sugar into the mixture. Mix it all together.

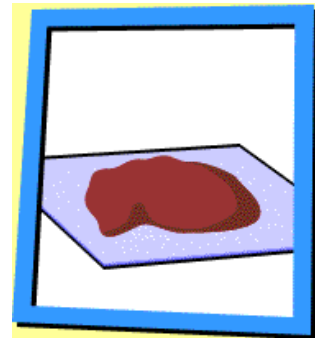


Step Two

When everything is worked in, the mixture is ready to be squeezed and pressed with your hands, to make a uniform mixture. This is called 'kneading' the mixture.

Start by sprinkling some icing sugar onto the work surface and then turn out the mixture onto it.

Knead the mixture until it's smooth.



Step Three

Use a rolling pin to roll out the mixture until it's about 1.25cm thick. Then cut it into pieces. What shape pieces would suit the packaging you are going to use?

Put these pieces on a wire rack and cover them with a clean tea towel. Leave them to harden overnight.

Next, design and make some packaging for your fudge. Look at some pieces of packaging. What information do they contain? How do they make the contents look attractive? Does the packaging protect the contents?



Step Four

You could make some fudge with different kinds of flavours. Which of the following ingredients would make fudge that tasted particularly good?

- chocolate
- sultanas
- ginger
- peppermint flavouring.

Make each type of fudge and then compare how it tastes with what you expected.