



NANA JENNY'S KITCHEN

“MEDALS : Made using Bicarb Soda Modelling Clay”

INGREDIENTS

1 cup bicarb soda

1/2 cup cornflour

3/4 cup water



DIRECTIONS

1. In a saucepan, mix 1 cup of bicarb soda with 1/2 cup of cornflour.
2. Add a tiny bit less than 3/4 cup of water in the pan and stir.
3. Stir over medium heat for 4-5 minutes. At first, it will be liquid and then it will become the consistency of playdough.
4. Once the mixture is a playdough-like consistency, take it off the stove and dump onto a clean surface. Cover with a clean dishtowel until it cools down.
5. Knead the dough until smooth and then roll out on a clean surface and use a circle cookie-cutter to create the medal.
6. Use a straw to make a hole in the top portion of each medal.
7. Use a small cookie cutter (numbers, star, heart, etc) to make a design by pressing slightly into the surface of the medal. You can also use a tooth pick to draw your own shapes.
8. Let the medals dry overnight, or until they have become a clay-like consistency.
9. Paint each medal using gold metallic paint. Once dry, string a ribbon through the hole!
10. Optional: Once the paint is dry, spray the medals with clear enamel spray, shellac, or even give it a quick coat with some clear nail polish. This isn't required, but it does help ensure that the medals hold up a little longer (plus it gives them a glossy lustre).