

Activity – “Arctic” iced biscuits

Key areas of learning:

- Cooking (Life Skills)
- Science
- DT

What you will need:

- 150g plain flour
- 100g butter (chilled)
- 50g caster sugar
- Icing sugar
- Water
- Food colouring (if desired)
- Biscuit cutters



Keywords:

- Ice, arctic, mix, knead, cut, bake, pour

What to do:

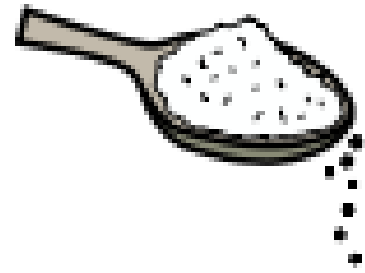
- 1) Sift the flour into a big bowl and mix together with the sugar until well combined.
- 2) Cut the butter into cubes and put it into the bowl.
- 3) Use fingers to rub the flour and sugar together. It should begin to look like breadcrumbs.
- 4) Squash the dough together to form a ball. Roll the ball out with a rolling pin and use the cutters to cut out biscuits.
- 5) Put on a baking tray and bake at 170°C for 15-20 minutes.
- 6) Leave them to cool and then decorate them with icing and decorations of your choice.

Extension:

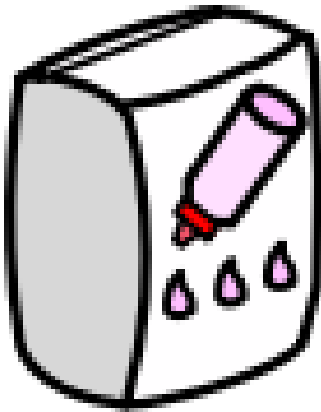
- Use the recipe card provided to follow the recipe with increasing independence.
- How could you make the dough different? Explore different mix ins and shapes that can be cut out.
- Mark making – use a piping bag or Ziploc bag with a small hole cut in the corner to make marks with the icing.
- Computing – use cooking equipment with buttons with increasing independence i.e. electric mixer.



flour



sugar



icing sugar



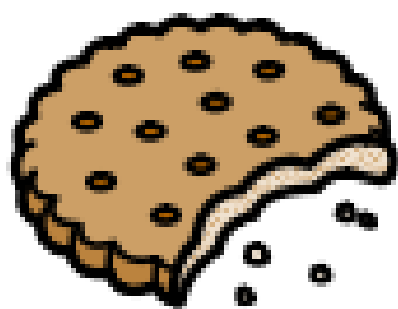
water



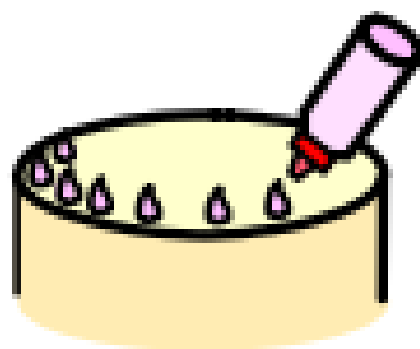
mix



bake



biscuits



icing



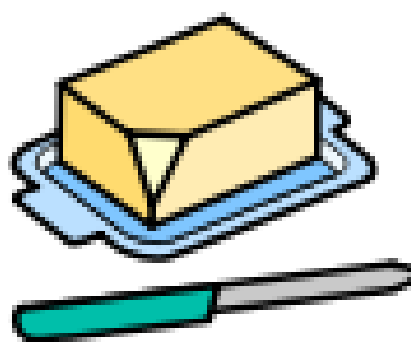
cutters



bowl



rolling pin



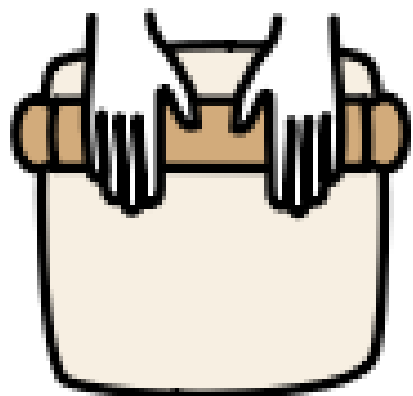
butter



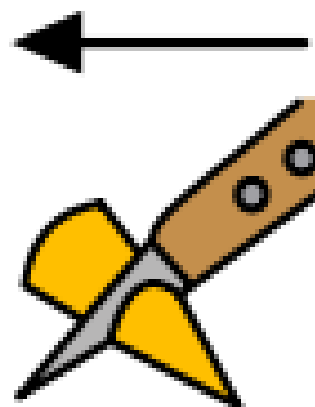
hot



knead



roll



cut



Arctic



Iced



Biscuits

1



Mix

the



flour,



sugar

+

and



butter



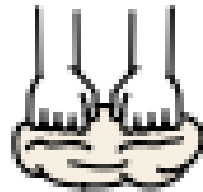
in

a



bowl.

2



Knead

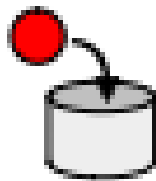
+

and



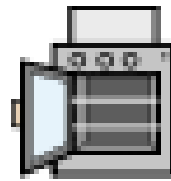
roll the dough.

3



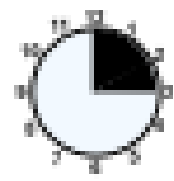
Put in

the



oven

for

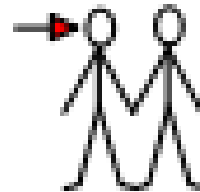


15 minutes.

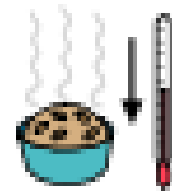
4



Let



them

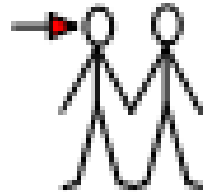


cool.

5



Decorate



them



with



icing.