

Playdough & Saltdough recipes

Playdough

200 grams plain flour

100 grams salt

1 tablespoon of oil

300ml water

A few drops of food colouring

- Mix the dry ingredients in a large (old) saucepan
- Add the oil & stir
- Add the food colouring to the water.
- Add the liquid to the saucepan & stir in well, getting rid of any lumps
- Put the pan over a medium-low heat and cook, stirring constantly. This is quite hard work especially when the mixture begins to thicken.
- Continue to stir until the dough becomes very thick.
- Remove the dough from the pan with a wooden spoon & leave it to cool for a long time. It is very hot especially in the middle so do not burn yourself.
- Put the pan to soak in water immediately or it will set hard.
- Knead the dough until it becomes smooth & pliable.
- If it is too sticky, knead in some more flour

It can be used for a wide range of things from children's craft activities to visual aids for a story to multi-sensory prayer activities. Store it in an airtight container or plastic bag. The fridge is a good place. It should keep for a while.

Saltdough

300 grams plain flour

300 grams salt

1 tablespoon oil

200ml water

Mix all the ingredients in a large bowl using a knife. The dough should feel pliable – add more liquid if necessary. If you wish you can colour it at this stage of the process by adding food colouring to the water, or you can wait until later.

Lightly dust your worktop with flour and knead the dough thoroughly until it is very smooth and elastic. Work with it in the same way as pastry.

It is best made the day before you need it. If you have any small cuts or grazes on your hands the salt will sting. Uncooked Saltdough keeps indefinitely in a plastic bag in the fridge. If it goes sticky, knead a little flour into it.

It can be moulded into various shapes that can be baked in the oven to make them set. Bake small items between 10-20 minutes on gas mark 4; 350F; 180C. Larger items are best cooked overnight on gas mark ½; 250F; 130C. You can then paint them if you have left the dough a neutral colour.