

## You Can Sculpt!

From the 2003 Middle School Camp Fire USA curriculum

### Table One: Twist and Shape Bread Dough

1. Work in teams--prepare two or three batches of soft pretzel dough using the Short Cut Bread Dough Mix. Use very warm (125 degrees F.) water.
2. Cover the dough with plastic sprayed with pan spray or a bowl. Let it rest 10 minutes.
3. Divide dough among the group evenly. Follow the directions for the pretzels, snowflakes or other shapes. Place on parchment lined pans. (Label yours with your name written on the parchment.)
4. Prepare the egg wash. Brush on shapes and garnish with seeds or coarse salt of your choice.
5. Cover the pan with plastic wrap sprayed with pan spray.
6. Bake, if possible.

## Soft Pretzels--Makes 14 pretzels.

### Ingredients:

- 4 to 4-1/2 cups shortcut bread dough mix
- 1 envelope fast rising (highly active) dry yeast
- 1 1/2 cups water, warm (125 degrees F.)
- 2 tablespoons vegetable or sunflower oil
- 2 eggs, lightly beaten
- Coarse salt, or poppy or sesame seeds, or wheat germ

### Directions

1. In large bowl, combine 2 cups flour, sugar, yeast, and salt.
2. Heat milk, water, and oil until very warm (120 degrees to 130 degrees F); stir into dry ingredients.
3. Stir in enough remaining flour to make soft dough. Knead on floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest on floured surface 10 minutes.
4. Divide into 14 equal pieces. Roll each piece to 20-inch rope. Cover; let rest 5 to 10 minutes until risen slightly.

### What you'll need

- Ingredients for enough dough so each person can make one or two pretzel shapes
- Coarse salt, seeds or wheat germ
- Table cleaning supplies
- Large bowls and stirring spoons
- Dry and liquid measuring cups
- Measuring spoons
- Baking sheet pans
- Option: Parchment paper OR slips of paper to label pretzels
- Pastry brush for egg wash
- Oven
- Wire cooling racks

### To shape

**Pretzels:** Curve ends of each rope to make a circle; cross ends at top. Twist ends once and lay over bottom of circle. Place on 2 greased baking sheets. Go to step 5.

**Snowflakes:** Cut a 20-inch rope into three, about- equal pieces. Lay one flat on the greased baking sheet. Cross the other two over the middle of the first piece. Press firmly where they cross. Flatten the ends of each spoke and snip with kitchen scissors in three places, to about 1-inch in from the ends. Press the snipped portion to make it spread out. Snip spaces in the "spokes" of the snowflake and use fingers to spread open the holes and make the flake lacier looking. Go to step 5.

**Braided sticks:** Flatten a rope slightly. Use kitchen shears or a dough cutter to cut the rope into three thin strands. Pinch all three together at one end and fold under slightly to secure. Lay this on greased baking sheet pan. Braid, pinching and tucking both ends firmly to secure. Go to step 5.

5. Brush with beaten eggs. Bake at 350 degrees F. for 15 minutes. Remove from oven; brush again with eggs. Sprinkle with coarse salt, cheese, poppy seed, or sesame seed.
6. Return to oven and bake for 15 minutes or until done. Remove pretzels from baking sheets; let cool on wire racks.

**Nutrition Facts:** One of 14 pretzels (2.8 oz—80g) w/sesame seeds: 200 calories; Total fat, 5g; Sat. fat, 1g; Cholesterol, 30mg; Sodium, 220 mg; Potassium, 163 mg; Total carbohydrate, 32g; Dietary fiber, 3g (made with half whole wheat flour); Sugars, 3g Protein, 7g; Vit. A, 2%; Vit. C 0%; Calcium 4%; Iron, 10%

**Source:** Fleischmann's Yeast—[www.breadworld.com](http://www.breadworld.com)

### \*Sources of Coarse Salt, Sesame or Poppy Seeds or Wheat Germ?

Look for at your store or order from:

- Bob's Red Mill—  
[www.bobsredmill.com](http://www.bobsredmill.com)
- King Arthur Flour—  
[www.KingArthur.com](http://www.KingArthur.com)
- Hodgson Mill —wheat germ  
[www.hodgsonmill.com](http://www.hodgsonmill.com)
- Morton Salt—Kosher Coarse  
[www.mortonsalt.com](http://www.mortonsalt.com)

## You Can Sculpt!

From the 2003 Middle School Camp Fire USA curriculum

### Table Two: Teddy Bears and Egg Tempera

1. Divide the chocolate and vanilla cookie dough evenly among the group.
2. Provide parchment lined cookie sheet pans; cups, eggs and food coloring to prepare tempura paints.
3. Shape Teddy Bears, using Vanilla dough for their chest portion.
4. Make egg tempera paing to paint/decorate bears with vests that have creative patterns, buttons etc.
5. Label bears and bake, if possible.

## Favorite Teddy Bear Cookies

Makes 1 1/2 dozen cookies

### Ingredients:

- 1 cup granulated sugar
  - 3/4 cup butter, softened
  - 1 large egg
  - 2 teaspoons vanilla
  - 2 1/4 cups all-purpose flour
  - 1 teaspoon baking powder
  - 1/4 teaspoon salt
  - 2 (1-ounce) squares unsweetened baking chocolate, melted
- Option:** Egg yolks, food coloring for painting

### Instructions:

1. Heat oven to 375°F.
2. Combine sugar, butter, egg and vanilla in large mixer bowl. Beat at medium speed, scraping bowl often, until well mixed (1 to 2 minutes).
3. Reduce speed to low; add flour, baking powder and salt. Beat, scraping bowl often, until well mixed (1 to 2 minutes).
4. Divide dough in half. Place half of dough in medium bowl. Stir in chocolate by hand.
5. For each teddy bear: Form a portion of either color dough into
  - one large (1-inch) ball for body
  - one medium (3/4-inch) ball for head
  - four small (1/2-inch) balls for arms and legs
  - two smaller balls for ears.Add additional small balls for eyes, nose and mouth, if desired. Press dough through a garlic press for crazy hair and press onto the head. Repeat with remaining dough, making either vanilla or chocolate teddy bears or mixing the doughs to make two-toned teddy bears.
6. To form each cookie, place large ball (body) on ungreased cookie sheet; flatten slightly. Attach head, arms, legs and ears by overlapping slightly onto body. Add nose, eyes and mouth. Use fork to make claws on paws. Paint if desired (see box).
7. Bake for 7 to 8 minutes or until body is set. Cool 1 minute; remove from cookie Sheet onto wire rack. Cool completely.

**Nutrition Facts:** One Teddy Bear cookie (1.5 oz—43g) provides: 190 calories; Total fat, 9g; Sat. fat, 6g; Cholesterol, 30 mg; Sodium, 70 mg; Potassium, 50 mg; Total carbohydrate, 24g; Dietary fiber, >1g; Sugars, 11g Protein, 2g; Vit. A, 6%; Vitamin C, 0%; Calcium, 2%; Iron, 6%

**Source:** *Baking Fun at Camp Cookie.* Land O' Lakes—View bears at [www.landolakes.com](http://www.landolakes.com)

**Before baking:** Make *egg tempera paints* and paint patterned vests, caps, hair or socks with dots, plaids, hearts or other fun designs on the white dough portions of the bears. Bake cookies as directed.

**Egg tempera paints:** Use a separate dish for each color. Mix 1 egg yolk, 1 teaspoon cold water and food coloring or dry tempura paint to make desired colors. Reserve a few bowls for mixing colors (red + blue=purple; red + yellow=orange etc.)Paint the desired designs and bake.

**Source:** American Egg Board—[www.aeb.org](http://www.aeb.org)

### What you'll need

Ingredients so each person may shape one or two spiders or snakes  
Microwave or stove and pan to melt chocolate  
Mixing bowls, spoons  
Dry measuring cups and spoons  
Baking sheet pans  
Brushes and small dishes to paint  
Oven  
Wire cooling racks  
Plastic food bags to wrap cooled sculptures  
Pieces of paper or parchment pan liners to label each sculpture

# You Can Sculpt!

From the 2003 Middle School Camp Fire USA curriculum

**Table Three: Papier-Mache' Masks or Decorative Bowls**

*Papier mache* may sound French, but it originates from China-- the inventors of paper. The Chinese used papier mache to make helmets toughened by many layers of lacquer. Examples have been found dating back to the Han Dynasty (BC 202 – AD 220).

From China, the interest in papier mache spread to Japan and Persia, where it was used in mask making and festival activities.

Eventually it spread across the world. France was the first European country making its own papier mache wares, and England followed suit in the 1670s. There was only a half-hearted interest until the late 1700s and into the 1800s, when it became widely used.

**More:** [www.papiermache.co.uk](http://www.papiermache.co.uk)

1. Prepare mask frame (see example) and directions. Grease bowl with petroleum jelly. (Need for supporting the mask too)
2. Prepare strips of paper (1 X 4-in), if needed
3. Prepare flour and water paste
4. Create a bowl or mask, using a paper plate as a work surface.
5. Paint one of the bowls or masks that is already made, using tempura paints.

### What you'll need

Lots of newspaper  
Stapler and staples  
Flour  
Water  
Precut 1 X 4-inch newspaper strips  
Masking tape  
Scissors or craft knife  
Acrylic or tempura poster paints  
Paintbrushes  
Clear sealing spray for crafts

**Bowl option:** Each person needs a bowl the size they wish to create  
Petroleum jelly

## Papier-Mache Masks or Decorative Bowls

Two sessions will be needed to complete this project.

- *Make masks to create a play or to hang as a wall decoration.*
- *Create a decorative bowl for home or gifts.*

Ingredients--Makes 1 ½ cups paste

1 cup all purpose flour

1 cup cold water

- Use a wire whisk to beat flour and water into a smooth paste.

Many strips of newspaper, 1 X 4-inches

Additional newspaper

### For Masks:

1. Cover work surface with newspaper.

**Mask Frame:** Fold a double sheet of newspaper into a long 1 ½-inch wide band that will form an oval slightly larger than your face. Staple this strip firmly together into an oval shape. Cover the staples with small pieces of masking tape.

2. Fold 4 more long bands. Staple these bands across the oval, one lengthwise, three across.

#### **Mask face:**

1.. Dip strips of newspaper in the paste. Pull strips between 2 fingers to take off extra paste.

Place strips, overlapping slightly and smoothing as you go to cover the mask frame. Cover the frame in 4-5 layers.

2. Before laying the last layer, shape small paper cones or balls to form a nose or ears if desired. Let dry overnight.

3. Cut out the eyes and mouth with craft knife or sharp scissors. Paint the mask and let it dry completely. To make your mask shiny, apply a coat of acrylic or clear craft sealing spray.

### For Bowls:

1. Choose a bowl the size you wish to create. Put bowl upside down. Spread a thick layer of petroleum jelly over the outside and rim of bowl.

2. Dip 1 paper strip at a time into paste. Pull strip between 2 fingers to take off extra paste. Put wet paper strips on outside of bowl in an up-and-down pattern, covering all of bowl.

3. Dip more paper strips into paste. Add a second layer of paper strips to bowl, putting them crosswise over the first layer of strips.

4. Dip more paper strips into paste. Add 4 more layers of paper strips to bowl, first going up and down, then going across. Let dry 24 hours.

5. Take papier-mache bowl off the regular bowl. Using a table knife to loosen around the edge. Paint inside and outside of the papier-mache bowl with tempera paints, creating your own design. Let dry.

6. Spray sealing spray on bowl to keep it longer.

**Source:** Gold Medal *Rainbow Bakery Children's Cookbook*. –[www.bettycrocker.com](http://www.bettycrocker.com)

**Leader Notes:** The paste and the bowls are not for eating!  
Paste may be stored up to 5 days in the refrigerator.

About papier mache:[www.papiermache.co.uk](http://www.papiermache.co.uk)

# You Can Sculpt!

From the 2003 Middle School Camp Fire USA curriculum

## Table Four: Salt Dough

1. In groups of two, mix a batch of white salt dough to share.
2. Choose an idea or two to create from the sheet or books.
3. Create! Label a paper plate with your name to hold your artwork.

If you make beads for jewelry, insert the earring posts or clasps before drying. String beads on string, then dry.

4. Use the gel food coloring to create smaller batches of colors you need.
5. Salt dough will air dry in 24-48 hours. Spray with a clear craft sealant, if desired.

## Salt Sculpture Dough

1 cup all purpose flour\*  
½ cup table salt  
2 teaspoons cream of tartar  
1 cup water  
A few drops of food coloring, optional  
Vegetable oil

### Directions:

1. In medium saucepan, mix 1 cup flour, 1/2 cup salt, 2 teaspoons cream of tartar, 1 cup water, and a few drops of food coloring (optional). For more brilliant shades, use paste food colors, available where cake decorating supplies are sold.
2. Cook over medium heat, stirring constantly, until mixture is very thick and forms ball. It is thick and lumpy while cooking.
3. Cool slightly, then knead in 1 or 2 drops of vegetable oil.

### Uncooked variation:

2 cups all purpose flour\*  
1 cup salt  
1 cup water  
1. Combine flour and salt in a large flat-bottomed bowl.  
2. Add water a little at a time, mixing as you pour, to form a ball, add a little water if too stiff; more salt for a firmer dough.  
3. Knead 7-10 minutes for firm dough consistency.  
Store dough in a plastic bag when not being sculpted.  
**Source:** Morton® *Klaymates Dough*. [www.mortonsalt.com](http://www.mortonsalt.com)

## Shaping starters. Little People Coasters

Cut a circle of ¼-in. thick dough slightly larger than the mug or cup it will hold. Cut out little people (gingerbread boy or girl cookie cutters), to stand around the dough circle. Attach little people at hands and feet around the bottom circle, wetting feet and hands with water to bond them, pressing them together. Paint with egg finish, then bake.

## Coiled or Braided Basket

Cover a large inverted mixing bowl tightly with aluminum foil. Turn up the edge of the foil to make a shelf. Cut a circle of ½-in. thick dough. Place this circle on top of the inverted bowl, forming the base. Shape long, very thin snakes of dough and braid using three strands, or twist two strands. Starting at the base circle, place the braids or twists around the bowl, firmly pressing each new row of into the row before it, dampening with water to stick together. Stop when you reach the foil shelf. Use one long braid laid around the top edge to finish. Brush with egg finish if desired. Bake upside down, at 325 degrees F, until dough is firm. Remove the bowl and return to the oven to bake until hard.

## Finishes.

**Natural:** Air dry piece for 48 hours, on screen if possible for best air flow.

**Baked:** Simply bake until golden brown @ 325 degrees. Varnish if desired.

**Egg finish:** After baking for 15 minutes, remove from oven and baste with whole beaten egg. Return to oven until done. For darker finish, re-baste every 10 minutes until done.

**Painted:** Acrylic white paint followed with coat of color of choice. No varnish is needed.

## What you'll need

### Dough supplies

Ingredients for multiple batches of dough in several colors

Dry and liquid measuring tools

*Cooked dough:* Saucepan and cooking burner; stirring spoon

*Uncooked dough:* Mixing bowl and spoon

**Plastic storage bags or containers**

**\*Use different kinds of flour for different effects—whole wheat (golden brown), rye (deeper brown), self rising (puffs up)**

Sculpting supplies:

Aluminum foil, waxed paper

Basting brush

Butter knife

Garlic press (for making hair)

Pizza cutter

Rolling pin

Cookie cutters

Spoons, forks

Toothpicks

Water color brushes

Baking sheet pans

Bowls for mold

Oven, optional

**Finishes:** egg, shellac or varnish

**Paint:** White acrylic, then a color

**Source:** [www.mortonsalt.com](http://www.mortonsalt.com)

## **Creative Outdoor Cooking**

Includes recipes from 2003 Middle School Camp Fire USA curriculum

Sharon P. Davis—Family & Consumer Sciences Education

Home Baking Association

### **Table One: English Muffins**

1. Refer to recipe in the Recreational Breads brochure—read through.
2. Using the Short Cut Bread Dough Mix, prepare a double batch of English muffins on the griddle as directed.
3. Serve with honey and butter—or blend 2 tablespoons honey with one stick butter for honey butter!

## **Creative Outdoor Cooking**

Includes recipes from 2003 Middle School Camp Fire USA curriculum  
Sharon P. Davis—Family & Consumer Sciences Education  
Home Baking Association

### **Table Two: Elephant Ears**

1. Read the recipe for Elephant Ears in the recipe brochure.
2. Use the Short Cut Bread Mix, doubling the recipe to serve  $\frac{1}{2}$  elephant ear per person. Prepare half with chopped nuts and half plain.
3. Fry in the skillet, using vegetable oil heated to 375 degrees F.
4. Drain on paper toweling and serve.

## **Creative Outdoor Cooking**

Includes recipes from 2003 Middle School Camp Fire USA curriculum  
Sharon P. Davis—Family & Consumer Sciences Education  
Home Baking Association

### **Table Three: Tortilla/Black Bean and Cheese Quesadillas**

1. Prepare tortilla dough, making at least 16, medium tortillas (double recipe)
2. Chop veggies and mix together filling for quesadillas.
3. Prepare quesadillas on the griddle, baking low and long to toast the tortillas and melt the filling
4. Serve in wedges, cutting to serve the group at least one each.

## Tortillas

*“Peace and bread to you.” Spanish Proverb*

Tortillas are the staple of Central American diets—morning, noon and night, corn masa tortillas are commonly eaten. In the U.S., the flour tortilla has captured the market.

### Flour Tortilla-- Makes 8, (2.5 oz) tortillas

#### Ingredients:

- 2 ½ cups unbleached all purpose flour\*
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons shortening or vegetable oil (optional)
- 1 to 1 ¼ cups warm water
- Cooking spray

\*May also use a half whole wheat and half white flour blend.

#### Nutrition Facts:

One, 2.5 oz. tortilla provides  
170 calories  
Total fat 4g; Sat. fat, 0g  
Cholesterol 0mg  
Sodium 360 mg  
Total Carbohydrate 30g  
Dietary fiber 1g Sugars 1g  
Protein 4g  
Vit. A 0%, Vit. C 0%  
Calcium 2% Iron 10%

#### Directions:

1. In a large mixing bowl, blend the white flour, salt and baking powder.
2. Stir in oil and warm water until mixture is blended and sticks together. Knead lightly to form a smooth dough ball. Divide into 12 pieces; shape each into a ball. Let rest covered for 5 to 10 minutes.
3. With a tortilla press or rolling pin flatten each ball into a circle about 10- inches across.
4. Spray a griddle with cooking spray and heat. Bake each tortilla 1 ½ to 2 minutes per side. Tortilla will be speckled and brown when cooked.

Source: Hodgson Mill—[www.HodgsonMill.com](http://www.HodgsonMill.com)

## Cheese Quesadillas

Makes 4 quesadillas

#### Filling Ingredients:

- 8, medium (10-inch) soft flour tortillas
- 16 oz. shredded Colby Jack or blend of cheeses
- Options: 1 cup chunky salsa, chopped tomatoes, onions and/or peppers
- 1 cup black beans and frozen corn or cooked chicken
- Chopped cilantro, if desired

#### Directions:

1. Spray skillet or griddle. Heat until medium hot.
  2. Combine the cheese with 2 cups of optional ingredients. Add chopped cilantro if desired.
  3. Place a tortilla on the griddle. Spread 1/4 of the filling on the tortilla and place another on top.
  4. Bake on (325 degrees F.) griddle or skillet slowly to brown tortilla and heat filling. Turn to brown second side. Cool slightly, cut into wedges and serve.
- Serve with additional salsa, chopped olives, sour cream or plain.

Nutrition Facts  
Each cheese quesadilla (6.2 oz)  
provides  
360 calories  
Total fat—21 g  
Saturated fat 11g  
Cholesterol 55mg  
Sodium 730 mg  
Total Carbohydrate 28g  
Dietary fiber 2g  
Sugars 3g  
Protein 17g  
Vit. A—35%  
Vit. C—70%  
Calcium--45%  
Iron--8%

Source: Home Baking Association—[www.homebaking.org](http://www.homebaking.org)

## **Creative Outdoor Cooking**

Includes recipes from 2003 Middle School Camp Fire USA curriculum  
Sharon P. Davis—Family & Consumer Sciences Education  
Home Baking Association

### **Table Four: Black Forest Crepes**

1. Read the recipe. Assemble all ingredients, crepe pans and table top burners.
2. Follow the recipe, preparing crepes, and keeping them covered with wax paper on a paper plate.
3. Fill the crepes with cherry pie filling and garnish with chocolate sauce and sliced almonds.
4. If time allows, toast the almonds lightly , using an oiled crepe pan.



## Creative Outdoor Cooking

Includes recipes from 2003 Middle School Camp Fire USA curriculum  
Sharon P. Davis—Family & Consumer Sciences Education  
Home Baking Association—[www.homebaking.org](http://www.homebaking.org)

### Table Five: Grilled Pizza

1. Before you start, be sure the coals are going, will be medium hot within about 30 minutes.
2. Read the recipe.
3. Prepare the crust dough—making enough to serve  $\frac{1}{4}$  of an 8-inch pizza per person.
4. While the dough rests (keep covered), sauté the veggies—over coals or use sauté pan and table top burner.
5. Divide dough (each recipe into fourths) into round balls. Let rest a couple minutes, covered. Flatten into 9-inch crusts, grilling *as directed*. Return to room to top the crusts.
6. Grill the pizzas, two at time, covered, just to melt cheese and heat through.
7. Cut and serve.

## Grilled Pizza

*Prepare coals/grill to medium heat.*

*Makes four, 8-inch pizzas*

### Crust Ingredients

- 1 envelope active dry yeast
- 1 cup warm (105 - 115 degrees F.) water
- 3 to 3 1/2 cups Short Cut Bread Dough Mix\*
- 2 tablespoons oil
- \*(OR, 3 to 3 1/2 c. unbleached flour  
1 1/2 teaspoons each sugar and salt)

1. In a sealable bag or bowl, combine half the mix, yeast, and water. Mix until smooth.
2. Add the oil and gradually add remaining mix, stirring then kneading until a smooth, elastic dough is formed. (About 5 minutes).
3. Place in an oiled bowl or sealable bag and cover/close. Let rise until double.
4. Knead into a smooth ball and divide in four pieces. Shape each piece into a smooth ball. Cover until ready to grill.

### Topping:

- 1/3 cup oil
- 3 tablespoons minced garlic cloves
- 2 large red, yellow or green bell peppers,  
cored, quartered lengthwise
- 1 large onion, peeled, cut in 1/2 -in. wedges
- 1, 6-oz.pkg. turkey pepperoni
- 4 cups shredded Mozzarella cheese
- 1/2 cup Parmesan cheese (optional)
- 4 plum tomatoes, seeded and chopped
- OR* 8 oz. can tomato sauce
- Salt, pepper, fresh or dried herbs to taste

### Instructions:

1. Prepare coals and pizza dough.
2. Clean and cut peppers & onions.
3. Mix oil with minced garlic. Place the veggies on a flat pan and brush with oil. Grill or sauté vegetables until crisp tender. Salt and pepper.
4. Roll or pat each circle of dough into a 9-inch round. Grill two at a time: Over medium heat coals, grill one side three minutes (underside crisp, top side puffs); turn over and grill other side 1 minute. Repeat with other two crusts.
5. Place grilled crusts on plates or baking sheet. Brush with oil/garlic. Sprinkle each crust with 1/4 of the cheeses, veggies, pepperoni, and chopped tomatoes or sauce.
6. With large spatula, return 2 pizzas to grill; cover with lid *OR* loosely cover with foil. Grill until cheese melts and crust browns.

*Source: Sharon Davis, [www.homebaking.org](http://www.homebaking.org)*

