

# Parent Guide

## How can I use this with my children?

Combine these two dishes for a dragon-themed sweet treat. Use either meringue or whipped cream as a delicious sweet topping to your party jelly.

## How does this help my children's learning?

Meringues require a higher level of skill and patience. Investigate the scientific processes in your baking as your child sees the egg white change by adding air.

## Ideas for further learning:

Why not make some homemade custard with your leftover egg yolks? Delicious hot on desserts or cold in a trifle.





## Fire-Breathing Dragon Dessert

### Ingredients

red/orange jelly mixture  
4 large, fresh, room temperature egg whites  
115g caster sugar  
orange food colouring  
red food colouring

### Preparation

- Wear an apron.
- Tie long hair back.
- Wash hands.
- Ensure surfaces and equipment are all clean and dry.

### Equipment

measuring jug  
dishes or cups to serve  
baking tray  
parchment or greaseproof paper  
large, clean, dry mixing bowl (not plastic)  
measuring spoons  
electric mixer or whisk  
metal tablespoon  
cocktail stick  
piping bag and nozzle





## Fire-Breathing Dragon Dessert

### Method

1. Make up the jelly as per the packet instructions. Pour the jelly into cups or bowls and allow to set in the fridge. **Tip:** if you are layering different colours of jelly, allow each layer to set fully before mixing up and pouring in the next jelly colour.
2. Preheat the oven to 100°C (gas mark 2).
3. Line a baking tray with parchment or greaseproof paper.
4. In a large clean bowl, beat the egg whites on a medium speed with the electric whisk until they resemble fluffy clouds and begin to stand up in stiff peaks.
5. Fold in the sugar a tablespoon at a time. Be careful not to over-mix.
6. Mix until all the sugar has been added. The meringue mixture should now be thick and glossy.
7. You may wish to add a couple of drops of orange food colouring to the meringue mixture.
8. Drop dollops of the meringue onto the parchment paper. You can decide on how big or small you want them to be - smaller shapes will take less time to bake.
9. Bake in the oven for 1  $\frac{1}{2}$  hours.
10. Check the meringues are ready – they should be firm and sound crisp when tapped.
11. Allow them to cool in the oven before removing and place on a wire rack to decorate.





## Fire-Breathing Dragon Dessert

- Using a cocktail stick or small brush, paint a few drops of red food colouring onto the meringue to create a fiery appearance.
- Put a meringue on top of each jelly and serve.

### Hints and Alternative Suggestions

- Make sure your mixing bowl and whisk are clean and free from any grease.
- Separate your eggs into different bowls before mixing the egg whites together. This will help to avoid accidental shell going into the bowl or the yolk cracking.
- Use a piping bag to pipe the mixture into shapes before baking.
- Sandwich two mini meringues together with whipped cream as an extra treat.
- Serve the meringues on their own.
- Store the meringues in an airtight container in a cool dry place and they will keep for up to two weeks.
- Make your meringues in advance, freeze them and defrost fully before serving.
- Add some fruit to your jelly mix for a varied texture and added taste.
- Add food colouring to whipped cream instead of using meringue.



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If you enjoyed this resource, why not try...

## Egg White and Yolk Science Experiment

**Egg White and Yolk Science Experiment**

Sometimes when you are cooking, you need either just the white or just the yolk. You can separate 100% of an egg. This experiment gives you an easy way to separate the parts.

**You will need:**  
1 fresh egg  
140-150 ml water  
an empty plastic bottle  
fresh butter

**What to do:**  
1. Crack the egg and put it in the bowl. You might need a grown up to help you with this.  
2. Separate the bottle and keep it separated tight.  
3. Put the opening of the bottle on top of the egg yolk.  
4. Release the pressure on the bottle so it is no longer squeezed.  
5. The yolk will pop up into the bottle.  
6. Put the bottle over the other bowl.  
7. Squeeze the bottle so the yolk empties into the bowl.

**The science:**  
When you squeeze the bottle, air comes out of it. When you release the pressure, air rushes back into the bottle to fill the space. If the yolk is on the opening of the bottle, it will rush into the bottle instead of air. The reason why only the yolk will be sucked up is because the yolk is thicker than the egg white.

**Science Experiment Egg White and Yolk Activity**

Squeeze the bottle tightly on top of an egg yolk separated out. Make sure you don't let go.  
When you put the bottle on the yolk, make sure it is touching the egg like a lid. This will need it to make sure no air gets back in.

**Science Experiment Egg White and Yolk Activity**

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## Jelly Recipe

**Jelly**

**Ingredients**  
2 packets of jelly (any flavour you like)  
1 punnet of strawberries, hulled and quartered (optional)  
200g green seedless grapes, quartered (optional)  
Hot water (refer to the jelly packet for amount of water)

**Method**  
1. Break up the cubes of jelly up and place them in a bowl.  
2. Add hot water to the jelly cubes.  
3. Mix until the liquid is smooth.  
4. Pour the jelly into the moulds.  
5. Share the fruit equally between the moulds.  
6. Leave the jelly in the fridge until it has set.  
7. Eat and enjoy!

**Equipment**  
A bowl  
A mixing spoon  
Jelly moulds x 20  
Knife

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## Dragon Biscuit Recipe

**Dragon Biscuits**

**Ingredients**  
150g soft butter/margarine  
150g icing sugar  
2 egg yolks  
30g milk powder  
400 plain flour  
20g bicarbonate of soda  
1 tsp vanilla essence

**Method**  
1. Set the oven to 180°C.  
2. Put the butter, icing sugar and eggs in a large mixing bowl and mix using either a wooden spoon or the spatula.  
3. Mix until you have a creamy, smooth batter. Avoid overmixing, as this will put too much air into the mixture.  
4. Add the vanilla essence, milk powder and plain flour, then mix until everything is well combined.  
5. Put 2 of the cornflour into the bowl and mix

**Equipment**  
Mixing bowl  
Wooden spoon or silicon spatula  
Mixing bag with large air-tight nozzle  
Pastry brush  
Baking tray  
Cooling rack

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## Dragon Cone Character

Dragon

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