

# Home-made Paste

This paste is environmentally kind, biodegradeable, and completely non-toxic. There are no nasty fumes to breathe in, it won't harm your skin or stain your clothes.

I've found it to be really pleasant to work with and it's also a paste that's safe enough for young children. If kids get it in their eyes, eat it\*, paint the wall... or the dog - it's all ok.

Clean up is easy, rinsing your brushes with water and wiping down surfaces with a damp cloth.

Above all it's so cheap to make!

## Ingredients:

1/2 cup flour  
3/4 cup cold water  
3 cups boiling water

Gradually pour cold water into flour and mix well. You want to make it as smooth, mixing out as many lumps as possible. I recommend using a stick blender if you have one, otherwise a good old-fashioned whisk will do the trick.



Pour the 3 cups of boiling water into a pot on the stove and keep it simmering on a medium heat.

Gradually pour the cold-water paste mix into the boiling water, whisking as you go - or using the stick blender on a medium setting. At this point you really want to ensure there are no lumps.

Set a timer to cook for 5 minutes and keep stirring, a silicone spatula is perfect for this! If you have had any experience making custard, gravy or any flour based sauces on the stove top, it's very similar. Be patient while it thickens, and don't let it stick on the bottom of the pot...

By the time the 5 minutes is up, it should have thickened, (as it cools it will thicken more). Pour the paste into clean glass jar or plastic container. It's ready to use while it's still warm if you are keen to get started! Or you can pop it in the fridge for later. Refrigerated, the paste should keep well for at least a month.

Please label your jar or container clearly. Just because it's safe to consume, doesn't mean anyone will want to eat it accidentally!

## TIPS

1. You may find a "skin" appears on the top of the paste once it starts to cool. This is normal. Once the mixture has completely cooled, scoop it off the top and discard.

2. If the paste cools into a solidified jelly-blob, this is also normal. Some people like to use it this way, or you prefer a smoother consistency you can give it another quick whisk.

Happy creating!



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