



SOMETHING TO NIBBLE WITH COFFEE

Peppermint Creams

After his second helping of trifle, Tumtum declared that he couldn't eat another thing. But then he saw the peppermint creams. "I suppose I might still have a little bit of room," he said gallantly.

Makes 3 dozen

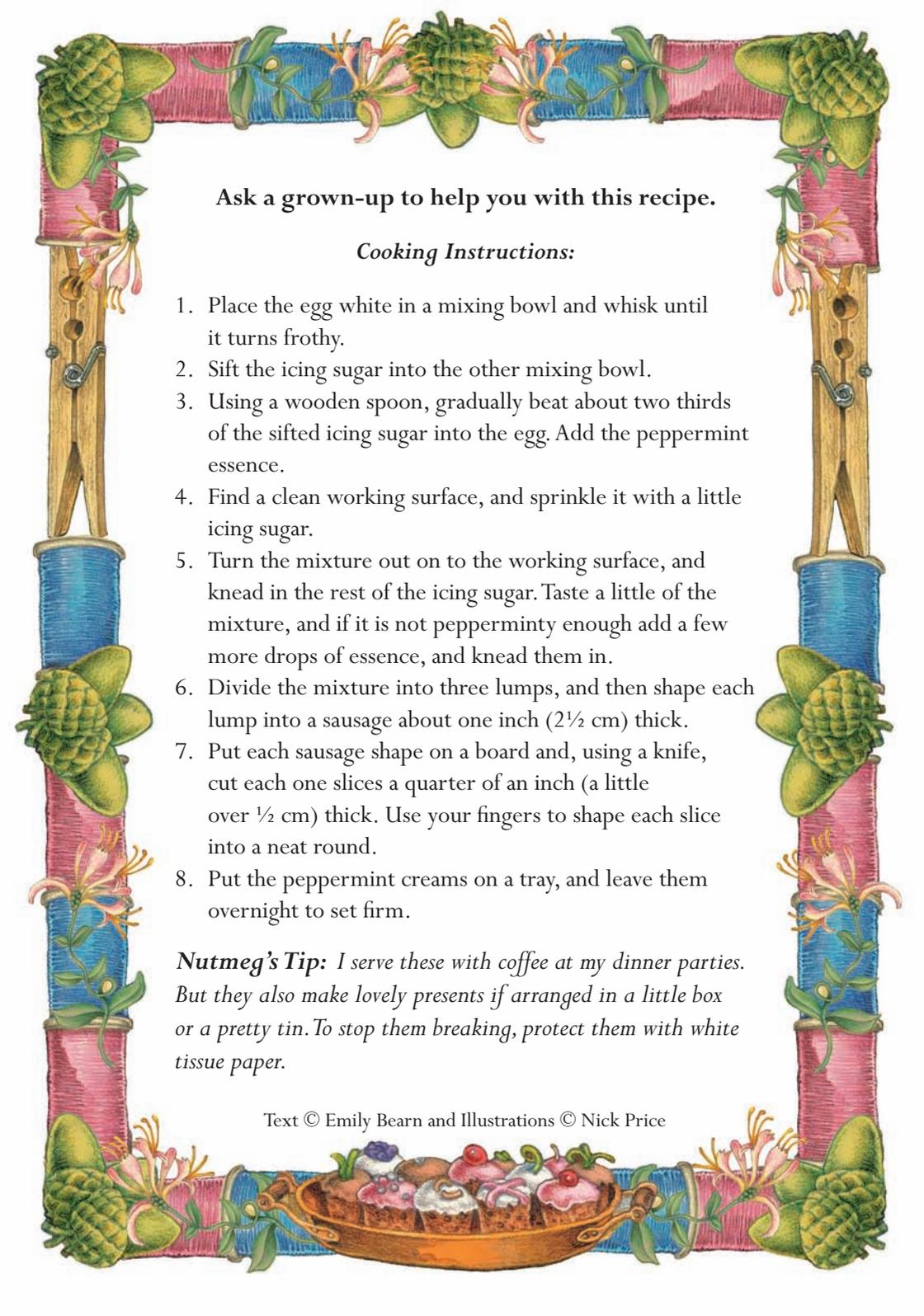
Ingredients:

- 1 egg white
- 12 oz (350 g) icing sugar
- a few drops of peppermint essence

You will also need:

- 2 large mixing bowls
 - a sieve
- a hand held whisk
- a chopping board
- a wooden spoon





Ask a grown-up to help you with this recipe.

Cooking Instructions:

1. Place the egg white in a mixing bowl and whisk until it turns frothy.
2. Sift the icing sugar into the other mixing bowl.
3. Using a wooden spoon, gradually beat about two thirds of the sifted icing sugar into the egg. Add the peppermint essence.
4. Find a clean working surface, and sprinkle it with a little icing sugar.
5. Turn the mixture out on to the working surface, and knead in the rest of the icing sugar. Taste a little of the mixture, and if it is not pepperminty enough add a few more drops of essence, and knead them in.
6. Divide the mixture into three lumps, and then shape each lump into a sausage about one inch (2½ cm) thick.
7. Put each sausage shape on a board and, using a knife, cut each one slices a quarter of an inch (a little over ½ cm) thick. Use your fingers to shape each slice into a neat round.
8. Put the peppermint creams on a tray, and leave them overnight to set firm.

Nutmeg's Tip: *I serve these with coffee at my dinner parties. But they also make lovely presents if arranged in a little box or a pretty tin. To stop them breaking, protect them with white tissue paper.*

Text © Emily Bearn and Illustrations © Nick Price

