

Cloverbuds: Bubble-Mania

Things to Try at Home

Bubble Recipes for Cooking with Your Kids

Materials:

- The ingredients and materials for the bubble snack recipe of your choice
- Clean hands

What to do:

- Read the recipe aloud together before you start cooking.
- Gather everything that you will be using before you start. This will help make the activity flow smoothly for your child.
- During your cooking session talk about the process of cooking. Count aloud when you measure and add ingredients. Go back and read aloud steps in the recipe to remind your child what will happen next. Ask your child questions on how things look, smell, feel, and taste, so that he/she will use all five senses when they cook.
- Let your child do simple things to help like add ingredients or stir.
- Remind your child about safety issues in the kitchen.
- Enjoy the results of your cooking session together.

Talk about:

- Science can be found in everyday things like cooking. Look at how bubbles are used in the food as you are cooking. Ask your child, "What do you remember about bubble science?"

Bubble Foam Cookies

Prep Time: 20 minutes

Inactive Prep Time: 30 minutes

Cook Time: 2 hours

Yield: about 4 dozen cookies

2 large egg whites, at room temperature

1/2 teaspoon cream of tartar

2/3 cup confectioner's sugar

1 teaspoon vanilla extract

1 cup mini semisweet chocolate chips (optional)

1 cup finely chopped walnuts or almonds (place nuts in a zip top bag and crush with a rolling pin)

Preheat the oven to 350 degrees F and line 2 baking sheets with parchment paper. Set aside.

In the bowl of an electric mixer, beat egg whites until foamy. The egg whites stretch and become a film that creates lots of little bubbles. As the bubbles get smaller and multiply the color of the mixture gets whiter and thicker.

Add the cream of tartar (this helps the bubbles keep its shape) and beat until fluffy but not at all dry. Be careful not to over beat.

Add the sugar gradually, about 3 tablespoons at a time. When 1/2 of the sugar has been added, add the vanilla extract. Continue beating and adding remaining sugar in batches, until all of the sugar is dissolved and the meringue is very shiny and tight.

With a rubber spatula or wooden spoon, gently fold in the chocolate chips and chopped nuts. Working one teaspoon at a time, push a teaspoonful of meringue from the tip of 1 teaspoon with the back of another teaspoon onto the lined baking sheets, leaving 1-inch of space between cookies.

Place baking sheets in the preheated oven and turn the oven off. Leave the cookies (undisturbed) in the oven for at least 2 hours and up to overnight, or until cookies are crisp and dry.

You have made cookies out of bubbles.

Ginger Bubble Drink

Prep Time: 20 minutes

Cook Time: 3 hours

Yield: 4 servings

2 cups ginger root slices, peeled (1/8 inch thick)

2 cups sugar or sugar substitute

2 cups water

1 quart soda water

1 lime or lemon cut in wedges

4 mint sprigs (optional)

Mix ginger, sugar and water in a saucepan and bring to a slow simmer. Reduce mixture by half until a syrupy consistency is reached. Keep in mind that the syrup will thicken as it cools. Strain the ginger slices out of the warm syrup by pouring through a colander and collecting the syrup in a bowl. Allow to cool.

While syrup is cooling, make ginger candy. Take ginger slices that have been drained out of the syrup and completely coat in sugar. Spread on sheet pan and slowly dry out in a 225-degree oven for 3 hours. Ginger slices should be dried but still chewy. Save to eat with your drink.

In a tall glass of ice, add mint sprig and a ratio of 1 part ginger syrup to 7 parts soda water. Squeeze lime or lemon wedge and add to drink. Use more syrup if desired. Stir and watch the bubbles fizz in your glass.

You have made a bubble drink.

Add a slice of ginger candy to your glass. Do you think that the candy will float or sink? How do the bubbles react to the candy slice?

You can also make drink with the chilled soda water-ginger syrup solution and add a scoop of vanilla ice cream and decorate with a slice of your ginger candy for a tasty Ginger Ale Float.