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FOOTHILLS CHILDREN'S WELLNESS NETWORK

INSTRUCTIONS FOR MAKING A GELATIN BRAIN MOLD

Clean the Mold:

1. Wash the brain mold with a soft sponge, dish soap, and warm water, before each use.
2. Avoid puncturing a hole in the thin areas of the mold while washing and drying it.
3. Dry thoroughly before use.

Ingredients:

1. Three large, 6 ounce boxes of peach or watermelon flavored gelatin. (Using any other flavored gelatin will not result in a flesh toned appearance.)
2. One 12 ounce can of lite evaporated skimmed milk (99.5% fat free). No other milk will work!
3. Oil Cooking Spray (to lubricate the mold)
4. Two teaspoons of vegetable oil (to lubricate the plastic mold)
5. Green Food Coloring
6. Three ½ cups of water (2 ½ cups boiled, 1 cup cold)

Recipe Instructions:

1. Spray a small amount of vegetable oil inside of the cavity of the plastic mold. Wipe off any excess oil.
2. Place gelatin from the boxes into a large bowl.
3. Add 2 ½ cups of boiling water. Stir gelatin with a whisk until it is completely dissolved, about 3 minutes.
4. Stir in one cup of cold water.
5. Add skimmed milk and stir for two minutes. (If a clear brain is desired, leave out the skimmed milk and add an additional 1 ½ cups of cold water)
6. Add a few drops of green food coloring to produce the flesh tone color, re-stir.
7. Pour gelatin mixture into the plastic brain mold.
8. Leave approximately one inch space from the top of the mold.
9. Wrap a towel around the bottom of the mold. The towel will help to keep the mold upright.
10. Set the towel and mold in the refrigerator overnight.

Extracting the hardened gelatin from the mold:

1. Carefully shake the mold until the gelatin is loosened from the plastic mold.
2. Put on a cooking glove, and place the open palm of your hand on the top of the gelatin, and turn the mold over.
3. Shake the mold again.
4. Continue to carefully shake the mold until the brain plops out onto your gloved hand.
5. Place mold onto a plate or a platter.
6. Cover the mold with a plastic food wrap and return the mold to the refrigerator until you are ready to put it on display and serve it.