Recipe

There are many salt dough recipes on the internet, but here is the one that works for me:

You will need:

- 200 grams plain flour
- 100 grams salt
- 150 ml of luke warm water (chilled is ok too, just not really cold)
- Random items from around the house to use for creating textures on your dough, for example kitchen utensils
- An image-capturing device (camera, phone, tablet) to take a photo of your creation when it’s finished!

Other popular recipes are:

- 2 cups of Plain Flour (300 g)
- 1 cup of table salt (273 g)
- 1 cup of luke warm water (240 ml)

Method

Put the flour, salt and any optional ingredients, such as food colouring or other colouring agents, for example coffee or turmeric, into a mixing bowl and gradually add the water, mixing to a soft dough. (NB: The dough is not edible.)

Knead the wet dough on a work surface for 5-10 minutes to help create a smooth texture.

Let the dough stand for about 15-20 minutes.

Divide your dough up if needed and start creating your sculptures! Playing with the dough is recommended – just seeing what happens (the equivalent of doodling) and rolling it back up and starting again!

When you have completed your sculpture, wash your hands to remove the salt.

Dry your sculpture (see ‘Drying your Creation’ below).

Paint or varnish your sculpture (optional), permanent markers work too.
Photograph your sculpture.

Submit your image to Since Sliced Bread!

Drying your Creation

You can air or oven dry your creations.

For oven drying, set the temperature as follows: 100C (200F/Gas Mark 1/4). The drying time will vary depending on the thickness of your work; it could be around 3-4 hours.

Air drying in a warmish place will take around 2-4 days.

Turn the work over so both surfaces can dry. If you need to go out and turn the oven off, finish by air drying.

Hints & Tips

The salt dough recipe can be scaled up to make larger amounts of dough.

No dough consistency ever comes out the same, even though the measurements are the same every time! So you may need to add a touch more flour if it feels too sticky, or a drop more water if it feels too dry.

Optional - Add 1 tablespoon of vegetable oil to make your dough a bit easier to knead. Fi Burke, the artist behind the Since Sliced Bread project, tried this but didn't like the way it changed the consistency of the dough.

Optional - Add 1 tablespoon of lemon juice to make your dough harder.

Any unused dough can be stored in the fridge, in an airtight container or cling film, for a week or two.

The thicker you make your sculpture, the longer it will take to dry out. For 2D (flat shapes), try and keep it to less than 1cm thick.

If your creation is fairly delicate, consider making your sculpture on the surface it will be dried on to save problems when transferring it, e.g. on a baking tray if oven drying.

If you do oven dry rather than air dry, try to keep the temperature to around 100C (200F/Gas Mark 1/4) as hotter temperatures can cause bubbles and cracks.

When plaïting long strips of dough, get a more even surface by using the palm of your hand to roll the pastry, rather than your fingers. Constant lifting can stretch the dough which can make it break.

Adorn your dried creation by gluing on other materials, e.g. leaves, fabrics, lace, beads and buttons.

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Ready for your next challenge?

Why not try a whole 2D or 3D landscape scene, including a mill?! Or create a stop frame animation and add your own voiceover?

Links to more info:

http://simplybeingmum.com/2013/03/18/simple-salt-dough-recipe/

If you really want to get into it, check out this PDF handbook from a salt company in Chicago:
http://www.mortonsalt.com/content/PDFs/Dough_It_Yourself_Handbook.pdf

www.fiburke.com

Photography Hints & Tips

Less is more! When taking a photograph of your creation, go close up and exclude everything else in the room, such as mixing bowls, and make any background surface plain and in a contrasting colour to ensure your sculpture stands out.

Highlight the textures of your sculpture by taking the photo near a source of strong natural light or a desk lamp.

Shoot it on location! Take your creation to an interesting setting.

Angles - always take the same shot from different angles, e.g. from above (eagle eye view), from the side and from a mouse eye view (looking up). Moving around with the camera can create illusions of scale.

Use apps to put effects on your image.