

Get your Bake On: Ice Lolly Biscuits

Get your Bake On: Ice Lolly Biscuits



It's currently piddling with rain outside, it is the 1st July and there is still no sign of summer appearing anytime soon.

It's all thoroughly depressing.

It is also the school Summer Fair at my boys primary school tomorrow. Ain't that typical?! Fingers crossed the rain disappears and we get a bit of good luck for it weather wise!

The school fair organisers always ask for cake and biscuit donations so that they can sell them at the fair and I thought I would have a go at something a bit different this year, Ice Lolly Biscuits. Who doesn't love food on a stick?!

They're dead easy to make, so easy I managed to make them, and I am pretty sure the kids will love the idea of them. I know my boys did when they had a test taste of them last night for me. The poor mites having to taste my stuff! ☐

So, without further ado, here is the recipe!

Ingredients

250g butter, softened

140g caster sugar

1 egg yolk

2 tsp vanilla extract

300g plain flour

250g Royal Icing Sugar

Pink Food Colouring (or whatever colour you wish to use)

2 tablespoon of Strawberry or Raspberry Flavouring/syrup (I used Tate & Lyle Raspberry Syrup)

A tub of sprinkles of your choice

*You will also need some Lolly Sticks (I got mine from Hobbycraft) and some Grease proof Paper.

Method

Pre-heat oven to 160°C (Fan) and line 2 Baking Trays with Grease proof Paper.

Mix **250g softened butter** and **140g caster sugar** in a large bowl with a wooden spoon, or in a stand mixer.

Add **1 egg yolk** and **2 tsp vanilla extract** and briefly beat to combine.

Sift over **300g plain flour** and stir/mix until the mixture is well combined – you might need to get your hands in at the end to give everything a really good mix and press the dough together/scrape down the mixture from the sides of the bowl.

Place the dough on a lightly floured surface and roll out to a thickness of 0.5cm.

Using a cookie cutter in the desired shape of your choice, you can use any shape but I went for the traditional 'lolly shape', cut out the biscuits.

Take a lolly stick and lie it on your baking tray, then place a cut out biscuit on top of the stick (the stick should be almost to the top of your biscuit to ensure it sticks in properly once baked) and push it down a little to ensure it has become embedded in the biscuit.

Continue to place your biscuits on top of the lolly sticks on your baking trays, leaving a gap of at least 4cm between each

biscuit for expansion/spreading in the oven.

Bake for 10 minutes at 160°C. The biscuits will still be pale when they come out of the oven, and ever so slightly brown at the edge.

Leave the biscuits to cool for a while on the tray, and harden up, before transferring them to a wire rack to cool completely.

Repeat this process for the rest of the biscuit dough. You should get approximately 25 biscuits from this dough mix, depending on the size of your cutter.

Once cooled, make the royal icing.

In one bowl, add 250g of Royal Icing sugar and 1 tablespoon of your chosen flavouring.

Begin mixing and add your water, as per the box instructions, VERY GRADUALLY. You will use this bowl of icing to make your border for the biscuit icing. This will be thicker than the next bowl of icing you make, it acts as a barrier to stop the flood icing from, well, flooding out!

Now add your food colouring to get the desired colour. Gel food colourings work better with this type of icing as they don't water it down.

You can watch this helpful video below to get an idea of the consistency you require:

Once you have the correct consistency for your border icing, place it into a piping bag and pipe a border around the edge of your biscuits with it. Leave to set for at least 15 minutes.

Now repeat the process for your next bowl of icing, but this time add a little more water so that the icing makes ribbons

when dropped from a height which disappear after 5 seconds. This is called flood icing. Again, watch the above video for help with this.

Once ready, place this icing in a piping bag and drizzle into the middle of each biscuit. Using a toothpick to spread the icing out to the edges of the biscuit so it joins up with the border icing. As you can see, I'm a home cook so mine aren't as neat and tidy as the ladies in the video!!! The Rustic look is endearing, right?! ☐

Once you have piped all the biscuits, decorate the tops with sprinkles and then leave to set completely.

And there you have it! Iced Lolly inspired biscuits, fit for a summer fair (even in the rain...)



If you have a go at this recipe, do let me know and share your photos on my [facebook](#) page, or tag me over on [instagram](#) @lifeisknutts.

Gems.x