



## Heart Cookie Pops

By simply inserting a cookie stick into dough before baking, your cookies will be transformed into 'cookie pops'. In this project, you will make adorable little heart cookie pops decorated with royal icing and handmade bows. These sweet treats could be clustered together as a bouquet to give to someone special, or displayed on a stand as part of a dessert table.



### You will need

**Materials:** Cookie dough (chilled) • White flower paste • Edible glue • Medium-peak royal icing – pink, white • Thinned pink royal icing in a squeeze bottle **Tools:** Large and small non-stick rolling pins • Spacers • Small heart cookie cutter • Cookie sticks • Small knife • Fine paintbrush • Piping bags fitted with No 2 and No 1 round piping tubes • Pin or cocktail stick • Ribbon (optional)

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### Baking the cookies on a stick

#### Method

- 1.** Roll out chilled cookie dough with a large non-stick rolling pin, using spacers to ensure that it is an even thickness.
- 2.** Cut out hearts of dough using a heart cutter and then gently insert a cookie stick into the base of each cookie. If the cookie stick pokes out of the back of the cookie, patch up the break with spare cookie dough.
- 3.** Carefully pinch the bottom of the cookie to ensure that it is secure on the cookie stick, and then place it on a prepared baking tray.
- 4.** Bake the cookies following the dough recipe, and then allow them to cool completely before decorating.



Continued next page



### Tips

✿ Plump up the loops of the bow by adding paper towel inside them while they are drying. Remember to remove the paper towel before adding the bows to the cookies.

✿ Replace the white bows with different decorations or someone's initials to personalise your cookie pops.

### Making the bows

**5.** Knead the white flower paste until it is soft and pliable. Using a small non-stick rolling pin, roll out the flower paste on a non-stick surface and trim it with a small knife into a strip approximately 1.5 cm (½ in.) wide and 5 cm (2 in.) long.

**6.** Pinch the centre of the strip together with your fingers and apply edible glue to the top of the pinched section with a fine paintbrush.

**7.** Fold each end of the strip, one at a time, in towards the centre, securing them down on top of the edible glue.

**8.** Cut out a thin strip of white flower paste approximately 1.5 cm (½ in.) wide and 2.5 cm (1 in.) long. Apply edible glue to the back of the strip and then place the centre of the strip (glue side down) over the top of the centre of the bow and secure the ends of the strip on the underside of the bow. Leave the bow to dry while preparing the cookies.



## Decorating the cookies with royal icing

**9.** Pipe the outline of each cookie, using medium-peak pink royal icing in a piping bag fitted with a No 2 round piping tube.

**10.** Apply the thinned pink royal icing in the squeeze bottle into the outlined section on each cookie to flood it with royal icing. Be careful not to overfill the cookie, otherwise the royal icing will leak over the edge of the outline. Sometimes air bubbles may appear in the royal icing, so have a pin or cocktail stick on hand to pop them!

**11.** Pipe small dots around the pink outline of the cookie if desired, using medium-peak white royal icing in a piping bag fitted with a No 1 round piping tube.

**12.** Leave the cookies to dry for at least 6 hours (preferably overnight) before attaching the bows to them with a small amount of royal icing.

**13.** Once the cookies have dried, tie a small bow with thin ribbon at the top of each cookie stick, if desired.





In this project, you will learn how to create pretty striped and polka-dot gifts using royal icing. Although gift-shaped cookie cutters are available, you can create your own gift cookies using square and heart cutters instead!

## Gorgeous Gifts

### *You will need*

**Materials:** Cookie dough (chilled) • Medium-peak royal icing – turquoise, lilac, white • Thinned lilac, white and turquoise royal icing in squeeze bottles • White flower paste • Edible silver paint (or edible silver lustre dust mixed with water or clear alcohol) **Tools:** Non-stick rolling pin • Square cutter (6 cm [2¼ in.] in width) • Heart cutter (4.5 cm [1¾ in.] in width at widest point) • Small knife • Palette knife • 3 x piping bags for the turquoise, lilac and white royal icing, fitted with No 2 round piping tubes • Piping bag for the white royal icing, fitted with a No 1 round piping tube (optional) • Fine paintbrush • Brooch silicone mould



**6.** While the icing is still wet, use the thinned white royal icing in the squeeze bottle to pipe polka dots into the lilac icing. For the turquoise boxes, use the same royal icing to pipe thin white vertical stripes in the turquoise icing (see finished gifts, above). The white dots and stripes will sink into the lilac and turquoise icing.



**7.** Flood the outlined lids of all of the cookies with the thinned white royal icing in the squeeze bottle.

**8.** Leave the cookies to dry for at least 6 hours (preferably overnight).





### Method

#### Preparing the cookies to bake

1. Roll out the chilled cookie dough with a non-stick rolling pin on a non-stick surface to approximately 5 mm (¼ in.) in thickness. Cut out a square and a heart shape to make each gift, using the cutters.
2. Use a knife to cut the tip off each heart, and then attach them to the top of each square using milk or water to secure them in place. Your gift shape is now complete. Use a palette knife to gently lift the gifts onto a lined baking tray.
3. Bake the cookies according to the dough recipe and then allow them to cool completely before decorating.



#### Decorating the cookies with royal icing

4. Pipe an outline of a box on each cookie, using medium-peak lilac or turquoise royal icing in a piping bag fitted with a No 2 round piping tube. Use medium-peak white royal icing in a piping bag fitted with a No 2 round piping tube to pipe an outline of a lid on top of each box.
5. Flood the inside of the outlined area of each box, using thinned icing from the squeeze bottles in the same colour as the outline (either lilac or turquoise). Be careful not to overfill the cookie, otherwise the royal icing will leak over the edge of the outline.



9. Once the cookies are dry, pipe a lilac or turquoise ribbon on top of each gift, using medium-peak royal icing in piping bags fitted with No 2 round piping tubes.



10. If desired, use medium-peak white royal icing in a piping bag fitted with a No 1 round piping tube to pipe a delicate pattern, such as little dots or lacy loops, underneath each lid to hide the gap between the box and the lid.



11. While the cookies are drying, roll a small ball of white flower paste and press it into a brooch silicone mould, to make a small brooch for each cookie. Flex the mould to remove the brooches, and allow them to firm up before painting them with edible silver paint, using a fine paintbrush. Leave the brooches to one side to dry for a few minutes.



12. Attach a brooch at the base of each bow with a small dot of royal icing.