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Art Safari Saturday October 17, 2020

Wheat Paste Recipe

Ingredients:

- 1 cup of water
- 3 Tablespoons of all purpose flour
- 1 tablespoon of sugar

In a pot large enough to hold all the ingredients and leave room for stirring heat on medium high one cup of water. Make a paste of 3 tablespoons of flour, one tablespoon of sugar and a little water in a separate bowl (consistency of runny ice cream). Add paste to water and stir as you bring ingredients to a simmer. Continue to stir until the mixture thickens it should only take a few minutes. Remove from heat cover and allow to cool overnight. What you don't use right away you can keep fresh for a few days in the refrigerator.

