



Mini 4-H COOKIE DECORATING



We would like to thank Purdue Extension-Elkhart County for developing the majority of this manual.

Recommended Resources

Skills Videos

Zig Zag

<https://www.wilton.com/how-to-pipe-a-zig-zag/WLTECH-146.html>

Star

<https://www.wilton.com/how-to-pipe-a-star/WLTECH-51.html>

Borders

<https://blog.wilton.com/how-to-make-6-easy-buttercream-cake-borders/>

Drop Flowers

<https://www.youtube.com/watch?v=AHwNSghEuCI>

Writing

<https://www.youtube.com/watch?v=2pAizNFnIYY>

Icing Video

<https://blog.wilton.com/how-to-make-homemade-buttercream-frosting/>

Decorating Bag

Prepping Piping Bag

<https://www.youtube.com/watch?v=orjkynt6zyg>

<https://www.youtube.com/watch?v=-X7i1QKAvuA>

Reference Materials

Quick Reference Tip Guide

<https://www.wilton.com/tip-guide/2104-7554.html>

Decorating Cakes

<https://www.wilton.com/decorating-cakes-book/902-904.html>

**Tippecanoe County Mini 4-H Cookie Decorating Manual
Updated March 2020**



4-H Facts



The 4-H Symbol: A four leaf clover with an “H” in each leaf.

4-H Colors: Green and White

The 4-H Motto: To make the best better!

The 4-H Pledge:

**I Pledge
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my Club,
My Community,
My Country,
and my World.**



Mini 4-H Parent's Page



We welcome you and your child to the Mini 4-H program. Mini 4-H is for children in kindergarten, first and second grades during the current 4-H year. Mini 4-H is designed to supplement and introduce Mini 4-H to the Tippecanoe County 4-H program.

As a Mini 4-H parent, your job is to guide your child through the activities. It is suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. Learning by doing is the best educational tool that we can provide for our youth.

Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based on information within this manual. The 4-H Fair is an exciting time for 4-H members and families. It is a week that allows community youth to showcase their talents, interests and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly enjoy it. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

Cookie Decorating Rules

Kindergarten: Complete the kindergarten section in the manual. Must display a cookie or circle styrofoam piece no larger than 6" using 2 of the techniques taught in the kindergarten section.

First Grade: Complete the first grade section in the manual. Must display a cookie or circle styrofoam piece no larger than 6" using 3 of the techniques taught in the kindergarten and first grade sections. The cookie must have a bottom border (border may only be on half the cookie).

Second Grade: Complete the second grade section in the manual. Must display a cookie or circle styrofoam piece no larger than 6" using 4 of the techniques taught in the kindergarten, first and second grade sections. The cookie must have a bottom and top border (border must encompass the entire cookie) and include writing of some kind, even if is just an initial.



Basics All Grades Will Need

Decorating Icing

A buttercream icing recipe is at the end of the manual. If you cannot make buttercream icing, use Wilton® Decorator Icing. Unlike grocery store canned frostings, Wilton® Decorator Icing is a stiff consistency for decorating. You can also use Wilton® Ready to Use Buttercream Icing now available in a 5 lb. easy carry tub.

Adding Color to Your Icing

Add color to white icing for beautiful decorations. Wilton® Icing Colors are gel based and will not add liquid to your icing, making it too thin for certain decorations.

To mix colors, begin with white icing and add color a little bit at a time until you achieve the shade you desire. Use a toothpick to add icing color – just dip the toothpick into the color, swirl it in the icing, and blend well with a spatula. Always use fresh toothpicks when adding more color.

Icing Consistency

If the consistency of your icing isn't just right, your decorations will not be right either.

1. Stiff consistency holds a $\frac{3}{4}$ inch peak on the spatula and is used for flowers with upright petals.
2. Medium consistency icing is used for borders.
3. Thin consistency icing is used for writing and for frosting a cake.

Preparing the Bag

Decorating bags hold the icing and decorating tip so you can create all kinds of decorations. Using a Quick-Change Coupler allows you to use multiple decorating tips with the same decorating bag. Prepare your bag as follows:

1. Unscrew coupler ring from base.
2. Push coupler base as far down into decorating bag as it will go. With a pen or pencil, mark the spot on the outside of the bag where the bottom thread is outlined. Take coupler base out of bag and cut across mark.
3. Push coupler base back down into bag opening. Position tip over top of coupler and screw coupler ring in place to secure. To change tips, unscrew ring, replace tip and re-screw ring.

Filling the Bag



Fold the bag halfway down making a cuff, and hold it like an ice cream cone underneath the cuff.



Using a spatula, take a small amount of icing and insert it down the middle of the bag. Using the hand holding the bag, pinch the spatula before pulling it out so that the icing will stay in the bag and the spatula comes out clean. Repeat until bag is 1/3 full or until there is enough icing to fit in the palm of your hand.



Once icing is in the bag, pinch the top between your thumb and forefinger, pushing icing down as you squeeze. Twist bag to keep closed. You are ready to decorate.

Correct Bag Position

Bag positions are described in terms of both **angle** and **clock** position.

Angle Position

Angle refers to the position of the bag relative to the work surface. The basic two bag positions are:

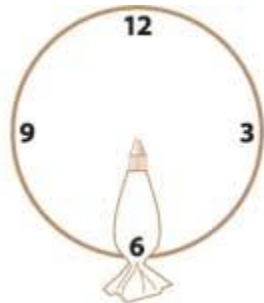


90° angle, or straight up, perpendicular to the surface. Used when making stars.



45° angle, or halfway between vertical and horizontal. Used for writing and borders.

Clock Position:



The hours on the clock face correspond to the direction you should point the end of the bag.

With the tip in the center of the clock, the back of the bag will point to the hour.

1. **Pressure Control:** The size and uniformity of your icing designs are affected by the amount of pressure you apply to the bag and the steadiness of the pressure. Learn to apply pressure consistently so that just the right amount of icing flows through the tip. Practice will help you achieve this control.

What you will do:

1. Wash your hands with soap and water and make sure your working area is clean.
2. If you are baking the cookie yourself, make sure you have all of your ingredients before starting. Have an adult help you take your baking pan in and out of the oven.
3. If baking your cookie, let cookie cool completely before you frost them.
4. Your cookie must have frosting. Smooth the top of the icing using a spatula dipped in hot water. Dip your spatula and shake off water before putting it on your cookie.
5. Make a design in the center of your cookie **OR** in the center of the Styrofoam circle using frosting.
6. Do not refrigerate decorated cookie. If you do, when you take them out they will sweat, fade and sometimes the frosting runs off. The colors can also run together.
7. Clean up your work area and put supplies away.
8. Make sure you complete your record sheet and bring it to judging.

Kindergarten

Materials needed:

- ❖ Cookie (store bought or basic sugar cookie recipe) **OR** Styrofoam 6 inch circle, 1 inch thick.
- ❖ Frosting (store bought or basic butter cream recipe. Any color or flavor. Recipe at the end of the manual if making your own frosting.)
- ❖ Decorating bag (8 inch professional decorating bag)
- ❖ Decorating #3 round tip
- ❖ Decorating coupler (optional)
- ❖ Spatula or kitchen knife
- ❖ 8 inch circle of cardboard covered with foil.
- ❖ Practice sheet (available at the end of the manual)

Tip #3 Round



Quick-Change Coupler



Decorating Bag



Skills you will learn:

Dots (#3 tip)

1. Position bag straight up and squeeze, keeping tip in icing until dot is the size you want.
2. Stop pressure, pull tip up and to the side to help prevent points in the dots.
3. A printable practice sheet is available at the end of the manual.



Tight Zig Zag (#3 tip)

1. Steadily squeeze and draw the tip along the surface in an up and down motion.
2. Using the same motion as you did for the curving line, shorten the distance from the peak of one wave to the peak of the next so that there is no gap between them.



Curving Line (#3 tip)

1. Hold bag at 45° angle at 3:00 (9:00) and lightly touch the surface.
2. Using a wavelike motion, draw tip steadily along surface, and at the same time squeeze it evenly.
3. Stop squeezing; lift tip away.



Practice:

1. Practice each skill at least 3 times. Record you practice dates below.

Skill	Date 1	Date 2	Date 3
Dots			
Tight Zig Zag			
Curving Line			

1st Grade

Materials needed:

- ❖ Cookie (store bought or basic sugar cookie recipe) **OR** Styrofoam 6 inch circle, 1 inch thick.
- ❖ Frosting (store bought or basic butter cream recipe. Any color or flavor. Recipe at the end of the manual if making your own frosting.)
- ❖ Decorating bag (8 inch professional decorating bag)
- ❖ Decorating #3 round tip and #16 or #18 star tip
- ❖ Decorating coupler (optional)
- ❖ Spatula or kitchen knife
- ❖ 8 inch circle of cardboard covered with foil.
- ❖ Practice sheet (available at the end of the manual)

Tip #3 Round



Quick-Change Coupler



Decorating Bag



Tip #16 or #18 Star



Skills you will learn:

Star Tip Decorating (#16 or #18 tip)

1. Using a straight Angle (straight up) and holding your bag an 1/8 inch above surface, squeeze the bag to form star.
2. Stop pressure and pull tip straight up and away.

Star Border (#16 or #18 tip)

1. Pipe a row of stars all the same height and width.

Star Fill-in (#16 or #18 tip)

1. Start with a row of stars piped evenly and close together, adjusting the tip position slightly each time so that the points of the stars interlock and cover the entire area without any gaps.



Practice:

1. Practice each skill at least 3 times. Record you practice dates below.

Skill	Date 1	Date 2	Date 3
Star			
Star Border			
Star Fill-in			

2. Practice each kindergarten skill 2 times. Record you practice dates below.

Skill	Date 1	Date 2
Dots		
Tight Zig Zag		
Curving Line		

2nd Grade

Materials needed:

- ❖ Cookie (store bought or basic sugar cookie recipe) **OR** Styrofoam 6 inch circle, 1 inch thick.
- ❖ Frosting (store bought or basic butter cream recipe. Any color or flavor. Recipe at the end of the manual if making your own frosting.)
- ❖ Decorating bag (8 inch professional decorating bag)
- ❖ Decorating #3 round tip, #16 or #18 star tip and a #2D drop flower tip
- ❖ Decorating coupler (optional)
- ❖ Spatula or kitchen knife
- ❖ 8 inch circle of cardboard covered with foil.
- ❖ Practice sheet (available at the end of the manual)

Tip #3 Round



Quick-Change Coupler



Decorating Bag



Tip #16 or #18 Star



Tip #2D Drop Flower
This tip is almost exclusively used for flowers.



Skills you will learn:

Printing (#3 round tip)

1. Use a 45° angle at 6:00 for vertical and curving lines and 3:00 (9:00) for horizontal lines.
2. With tip lightly touching the surface, start to squeeze bag with a steady, even pressure.
3. Lift the tip off of the surface to allow icing string to drop.
4. Stop pressure and touch tip to surface to attach.
5. Pull away.



Cursive (#3 round tip)

1. Use a 45° angle at 3:00.
2. With the tip lightly touching surface, squeeze steadily and move the tip along the surface in a smooth continuous motion.
3. Move your entire arm without flexing your wrist as you write.



Drop Flower Tip (#2D drop flower tip)

1. Position bag straight up and squeeze, keeping tip in icing until flower is the size you want.
2. Stop pressure, pull tip up and to the side to help prevent points in the dots.



Practice:

1. Practice each skill at least 3 times. Record you practice dates below.

Skill	Date 1	Date 2	Date 3
Printing			
Cursive			
Drop Flowers			

2. Practice each 1st grade skill 2 times. Record you practice dates below.

Skill	Date 1	Date 2
Star		
Star Border		
Star Fill-in		

3. Practice each kindergarten skill 2 times. Record you practice dates below.

Skill	Date 1	Date 2
Dots		
Tight Zig Zag		
Curving Line		

Practice Sheet

Print and place in page protector to practice.

Dots:



Lines:



Stars and Drop Flowers:



Practice Sheet

Print and place in page protector to practice.

Printing:

4 - H

Practice printing and cursive here:



BUTTERCREAM ICING RECIPE

Buttercream Icing (recipe yields 3 cups of stiff consistency icing)

Materials needed for this activity:

4 cups sifted confectioners' sugar (approximately 1 lb.)
1 cup solid vegetable shortening
1 tsp. Wilton® Clear Vanilla Extract
2 Tbsp. milk or water
Hand mixer or stand mixer

What you will do:

1. Sift confectioners' sugar into a large mixing bowl and set aside.
2. Cream shortening, vanilla and milk or water.
3. Gradually add sugar and mix on medium speed using hand or stand mixer until all ingredients have been thoroughly mixed together. Blend an additional minute or so, until creamy.
4. **For medium icing consistency:** Add one teaspoon milk or water to each cup of stiff consistency icing (one **additional** tablespoon of liquid when you are using the full recipe). Mix until all ingredients are well blended.
5. **For thin icing consistency:** Add two teaspoons of milk or water for each cup of stiff consistency icing (two tablespoons of **additional** liquid for the full recipe). Mix until all ingredients are well blended.



Record Sheet

Name _____ Grade _____

Who did you have fun with during this project? What was your favorite part of the project?

What did you learn from this project? _____

How did you decorate my cookie? _____
