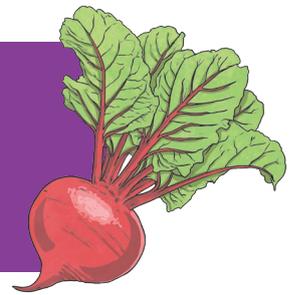


How to Make Beetroot Paint



Safety Tip: If you are completing this recipe with children, they will need very close supervision. Alternatively, steps 1 to 3 could be completed by an adult in advance.

Ingredients:

- 3-4 beetroot
- cold water
- 4tbsp cornflour



Equipment:

- a sharp knife
- a pan
- a chopping board
- a bowl
- a sieve or gauze cloth
- a paint container
- a tablespoon

Instructions:

1. If the beetroot still has its thick skin, peel it off. Then, carefully chop the beetroot up into small pieces on a chopping board. It doesn't matter if these pieces are not all exactly the same size. (Tip: Wear disposable gloves and an apron to avoid staining.)
2. Put the beetroot in a pan and cover with water.
3. Bring to the boil and simmer for about an hour until the beetroot is soft, adding more water if it runs low. Leave to fully cool.
4. Next, pour the mixture slowly through a sieve or gauze cloth into a bowl to remove the lumps. Squeeze out as much liquid as possible using the back of a spoon or by squeezing the cloth parcel.
5. Finally, mix in the cornflour slowly to make a paste. Stir to avoid making lumps and keep adding more until you are happy with the paint consistency. (**Tip:** for a stronger colour, put the remaining soft beetroot into a blender and then sieve the results again. This paint could be used to add darker details to your painting.)

Your paint is ready!

Your painting will be all in one colour, so it will be important to separate the paint into a palette and add water to create different shades. Use more water for the background of your painting, and no water for the darkest lines and shapes.

