

## Recipe and Instructions for the Gelatin Brain

### **Ingredients:**

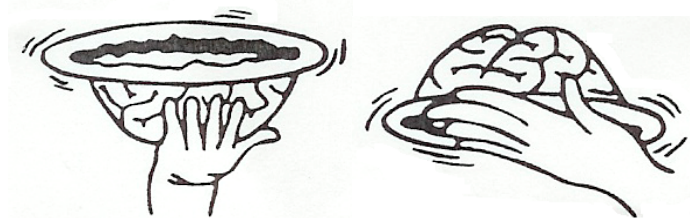
- 2 170-gram boxes of watermelon or peach Jell-O (they give the best colour)
- 9 oz (about 266 mL) can of **evaporated fat free skimmed milk** (no other milk will work)
- Vegetable oil (for the plastic mold)
- 1- $\frac{3}{4}$  cups of boiling water
- $\frac{3}{4}$  cup of cold water

### **Instructions:**

1. Before each use, wash the brain mold with warm soapy water and dry completely
2. Spray or smear a small amount of vegetable oil inside the plastic mold. Wipe away any excess.
3. Put Jell-O mix in a bowl and add the boiling water. Stir until dissolved.
4. Stir in  $\frac{3}{4}$  cup of cold water
5. Stir in skimmed milk for 2 minutes  
The colour of the Jell-O will depend on the flavour you use and whether you add food colouring to obtain a "brain colour". Green food colouring works well.
6. Place mold upside down, inside a bowl (see picture below)
7. Pour mixture into mold and refrigerate overnight.



Place the mold inside a bowl to ensure steadiness in the refrigerator.



To extract the brain from the mold, gently shake it right side up, and then right side down. Don't forget to put a plate underneath! The gelatin should pop right out.

