

# Science in the Kitchen

## Eyeball Biscuits!

Dr Sally Hayes and Dr Siân Morgan



### Ingredients

225 g (8 oz) butter/margarine  
125 g (4 oz) caster sugar  
275 g (10 oz) plain flour  
50 g (2 oz) semolina  
12 coloured boiled sweets (e.g. Fox's Glacier fruits)  
12 clear boiled sweets (e.g. Fox's Glacier mints)  
2 tbsp strawberry/raspberry jam  
50 g (2 oz) icing sugar  
4 tbsp water  
12 sultanas  
red food colouring/sprinkles to decorate

Makes 12 eye biscuits

### Method

1. Preheat the oven to 160°C (fan oven) or 180°C (conventional oven).
2. Beat the butter or margarine in a bowl until creamy.
3. Gradually work in the flour and semolina until well mixed, and then knead until smooth.
4. Split the dough into two equal parts.
5. Roll out half of the dough on a lightly floured surface, to a thickness of about 0.5cm (about the thickness of a pencil).
6. Stamp out circles from the dough using a large cookie cutter (7cm diameter) and transfer to a baking tray lined with baking parchment.
7. Stamp out a circle from the centre of each biscuit using a smaller cookie cutter (4cm diameter).
8. Repeat steps 5-7 using the remaining dough.
9. Place a coloured boiled sweet into the middle of half of the biscuits and a clear boiled sweet into the middle of the other half of the biscuits.
10. Bake in the centre of a pre-heated oven for 12-15 minutes until the boiled sweets have fully melted and the biscuits are a pale, golden brown.
11. Cool in the baking tray for approx. 10 minutes until the centre of the biscuits have set. Transfer to a wire rack to complete cooling.
12. Combine icing sugar with approximately 4tbsp of water to make a thick, white icing.
13. Spread jam over the biscuit part of the coloured biscuits, taking care to avoid getting jam on the boiled sweet part of the biscuit!
14. Roll a sultana into a ball (to make a circular pupil) or a sausage shape (to make a slit pupil), dip it in a small amount of icing and then place in the middle of the coloured part of the biscuit.
15. Place a biscuit with a clear centre directly on top of the coloured biscuit - the jam will hold the biscuits together.
16. Cover the top surface of the biscuit with white icing, again being careful to avoid getting any on the boiled sweet part of the biscuit.
17. Decorate the eye biscuits as you wish, using red icing to create blood vessels or sprinkles to create an amazing looking dragon's eye.