



4 cups of plain flour

1 cup salt

4 tablespoons of cream of tartar

4 cups of boiling water

6 tablespoons of oil

Colour

Mix all the ingredients together in a large bowl and knead together with hands. It is advisable to wear a pair of kitchen rubber gloves because of the boiling water and the colour. If you want to knead the mixture out of the bowl once the ingredients are initially mixed in be sure to put some baking paper on the bench top so that the colouring doesn't get on your bench top.