

Making Chocolate nests to Celebrate Spring.

Spring celebrations date back thousands of years to ancient and pagan rituals that marked the Spring Equinox, the changing of seasons, the time when the sun began to tip the scales against darkness, a sign of renewal, rebirth and fertility, and for agricultural communities, a time for planting. So why not celebrate this beautiful time of year by making some chocolate nests to share.

Ingredients:

200g milk chocolate

Cereal of your choice – rice crispies, cornflakes, shredded wheat

100g of decorative eggs

12 decorative chicks

Paper cases (10 muffin or 12 cupcake sized)

Equipment:

Large bowl

Wooden spoon

Muffin tin or baking tray

Saucepan big enough to hold your bowl.

Apron

Rolling pin

Spoon

Method:

1. Wash your hands.
2. Put your apron on.
3. Break the chocolate into pieces and put in your bowl.
4. Place the bowl over a pan of simmering hot water and stir gently with a wooden spoon.
5. When the chocolate is melted remove from the heat and stir in your favourite cereal. Add enough so that all the cereal is coated in chocolate. It's best to do this a bit at a time.
6. Put the paper cases in a muffin tin or if you don't have one lay them out on a baking tray.
7. Carefully spoon the mixture into the cases making sure there is the same amount in each one. It should make 10 muffin sized nests or 12 cupcake sized nests.
8. Using a rolling pin push the end into the centre of each nest to make the nest shape.
9. Place in the fridge to set for approximately 15 to 20 minutes.
10. Finally, decorate each nest with the small sugar-coated eggs and chicks and enjoy!



Things to ask children whilst making the cases:

Why is it important to wash our hands before we cook?

Why is it important to wear an apron?

Why do we use a wooden spoon and not a metal spoon when stirring something which is hot?

What temperature do you think the water needs to be to melt the chocolate?

What happens to the chocolate when we melt it? Is it still a solid?

Why do we need to put the nests in the fridge?

What do you think the eggs and chicks symbolise?

Can you describe the textures of the nests?