

Edible Dirt

There are lots of recipes for edible dirt. Some are relatively new and some have been around for a long time. There are many versions using Oreo cookies, pudding and Cool Whip as basic ingredients, but there are also versions using chopped olives, or mushrooms and onions...and the list is extensive.

You could create "edible" dirt that would not necessarily taste good, but taste is certainly a consideration. I wanted a recipe that would taste sweet. My experiments with a version using Oreo cookies and pudding resulted in a product that seemed goopy and difficult to work with, and being a fan of the KISS principle I decided to see if I could Keep It Simple by coming up with a satisfactory Oreo-based version using only dry ingredients. Oreos, Mother's Iced Oatmeal cookies, Chocolate Chips and Butterscotch Chips worked pretty well for both taste and appearance. But the chips seemed notably difficult to chop up in either a blender or food processor, whereas the Oreos worked very well in the food processor but not so well in the blender, and the oatmeal cookies were just the opposite. In the end I didn't think the relatively small amount of chips I used were worth the trouble and I didn't want to significantly increase their amount. So here's my final ultra-Keep-It-Simple recipe:

1 package (36 cookies) Oreos (gives about 3 1/2 cups of pulverized cookies)
3 Mother's Iced Oatmeal cookies (gives about 4 Tbsp, or 1/4 cup, of pulverized cookie)

Mix pulverized ingredients thoroughly. You can stir them together with a large spoon, or add the pulverized oatmeal cookies to the pulverized Oreos right in the food processor and give them a spin. Possibly the blender or food processor you use will pulverize both ingredients equally well, in which case you might be able to just put them in together right from the start. Our food processor would only hold half a package of Oreos at a time, so I had to do them in two batches.

The Oreos provide a rich dark color, while the oatmeal cookies provide a "sandy" look that breaks the solid dark color and enhances the realistic appearance.

Enjoy the dirt, and try creating some versions of your own. Bon appetit!

Edible Dirt.....8/3/14

Don Rathjen...Exploratorium Teacher Institute....Pier 15, San Francisco, CA 94111.....drathjen@exploratorium.edu
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