

How to Sculpt Miniature Breakfast Foods

A bonus project!

over 50 step-by-step projects for realistic polymer clay foods

printables for cereal boxes and more to add realism to your tiny displays

brand-specific color chart and supply guide for perfect results every time

...and much more!




chocolate-filled croissants

Prepare a batch of sugar cookie clay by combining ecru with white until you have a pale tan. To this, add translucent clay in a ratio of one part sugar cookie to three parts translucent.

Roll the clay out into a sheet slightly less than 1/16" thick and cut out an elongated triangle, one for each croissant you wish to make. Press each triangle against a piece of sandpaper to add texture.

Starting at the wider triangle base, roll the triangle up into a croissant shape. You can slightly pinch and curl the ends inward to make an arc.

To create the texture on the surface, use a blade to press shallow lines into the clay, all running in the same direction. At any exposed cut edges of the triangle, you can use the corner of the blade to tease the clay into layers that look like flaky pastry.



Once you're satisfied with the texture, it's time to add color. Grate artist chalk pastel in light brown and medium reddish brown (left) into a shallow dish with a razor blade, keeping the colors separate.

Using a dry paint brush, start with the light brown pastel and brush it lightly over the pastry. Move on to the darker colors, using little flicks of your wrist to move the brush over one section of the pastry at a time.

Go over the same spot multiple times with this flicking motion, without reloading your brush with more pigment, to get a realistic coloring. Repeat this process anywhere you want to add darker accents, gathering more chalk on your brush when you move to a new section.

If you want to serve your croissant open with chocolate



filling oozing out, you will need to make a batch of chocolate frosting. Chop up a small chunk of brown polymer clay and put it into a small bowl. Squirt an equal amount of translucent liquid clay into the bowl, and use a wooden craft stick to smear and mash the mixture together to combine. You can let the solid and liquid clay sit and begin to soak together for a couple of hours to make this process easier. Add more liquid clay as you work if the mixture is too dry.

Grate brown chalk pastel into your frosting mixture to create the chocolate filling. If you find that your brown results in a frosting that looks too dull and muddy, rather than chocolatey, try adding touches of reddish brown to the mixture to give it more depth.

Place your croissant in the freezer for ten minutes. Immediately upon removing from the freezer, use a sharp blade to nick it open. I like to insert a corner of the blade into the clay and tug the two halves apart, rather than cutting clean through, to give the cut edge a more jagged, natural appearance.

Use the corner of your blade to create flaky layers on the newly exposed cut edges, just as you did before with the whole croissant. When you're satisfied with the texture, use a toothpick to add a dab of filling to the center.

I also like to take a dab of filling and smear it onto an oven-safe dish. Then, I place one half of my croissant, cut edge down, into the filling for a realistic touch.

Bake your croissants in a preheated oven at the temperature specified in the manufacturer's instructions for fifteen minutes and allow to cool completely. Varnish the filling portions with glossy polymer clay varnish, and lightly dab a bit of varnish on the pastry as well, to give it a buttery sheen.



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HOW TO SCULPT A GINGERBREAD HOUSE FROM POLYMER CLAY

Instructions and templates for making an American Girl-sized gingerbread house, complete with full-color photos, step-by-step instructions, and an illustrated supply guide to source everything you need for a successful project.



AMERICAN GIRL-SIZED GINGERBREAD HOUSE

Many of the tools and materials are optional, and their use depends on which decorations you decide to put on your house. Read through the entire set of instructions before you begin so you can determine which of the optional items you need for your house.

MATERIALS + TOOLS

card stock or cardboard

polymer clay (white, translucent, brown, ecru, other colors--see instructions)

translucent liquid clay

Mod Podge (optional)

E-6000 adhesive (optional)

glitter (optional)

snowflakes (optional)

acrylic sealant (optional)

scissors

masking tape

craft knife

rolling pin or pasta machine

aluminum foil

wooden craft stick and toothpicks

small bowl

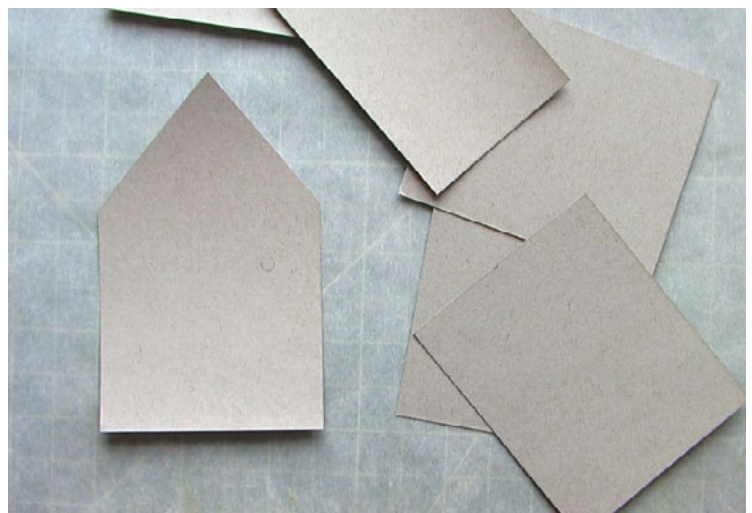
round cutters and mold (optional)

needle tool (optional)

wire cutters (optional)

Print out the templates on heavy card stock. You need the templates to be sufficiently thick so that you can build the skeleton of your house with them and they won't immediately collapse.

You can also print the templates out on regular paper and use them to trace and cut out the



shapes from a heavier-weight cardboard. I used a piece of waste cardboard that came with a photo frame, so don't be afraid to use something from the recycling bin; it will be completely covered by clay in the finished piece.

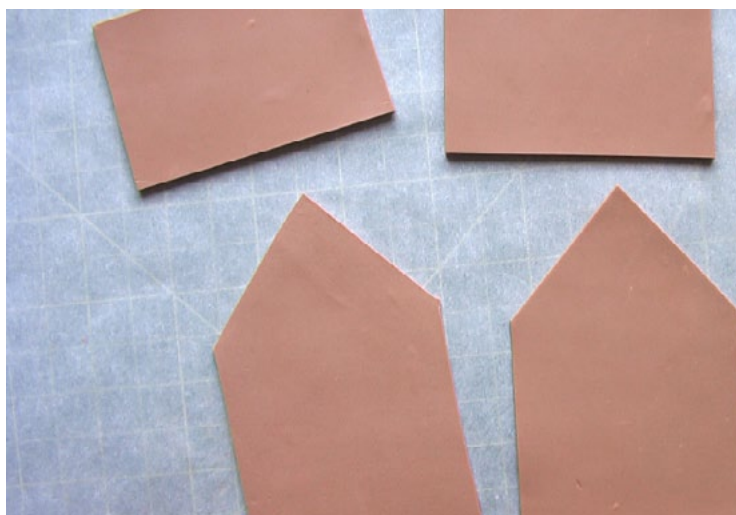
Once you've cut out your template pieces on card stock or heavier-weight paper, it's time to mix your gingerbread clay. Real gingerbread comes in a range of shades, so you have some creative leeway when mixing your colors.

I like to use a mixture of Sculpey Brand shades: Burnt Umber, Ecrú, and Terra Cotta. Generally speaking, you want to take a dark brown color and lighten it with a tan shade, then add some warmth to it with a reddish-orange color. You can use whichever colors you have available to you to achieve this.

If your brown is too dark, add more tan or white. If your brown is too cool or muddy, add reddish brown, or perhaps pinches of yellow or orange, to give the shade some warmth. Just experiment until you are happy with your gingerbread color.

Now it's time to add translucent clay. Add an amount of translucent clay that is equal to the total amount of colored clay you have used, and mix thoroughly to create a smooth, even blend.

Roll this clay out to roughly 1/16" thick using a rolling pin or pasta machine. Take your templates and place them on top of this sheet of clay, cutting around the templates with a craft knife to form four wall panels, two of each size. If you want to cover the bottom of your house



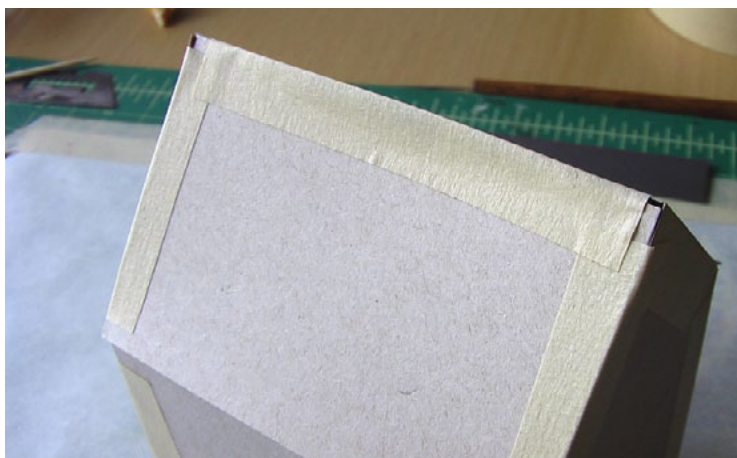
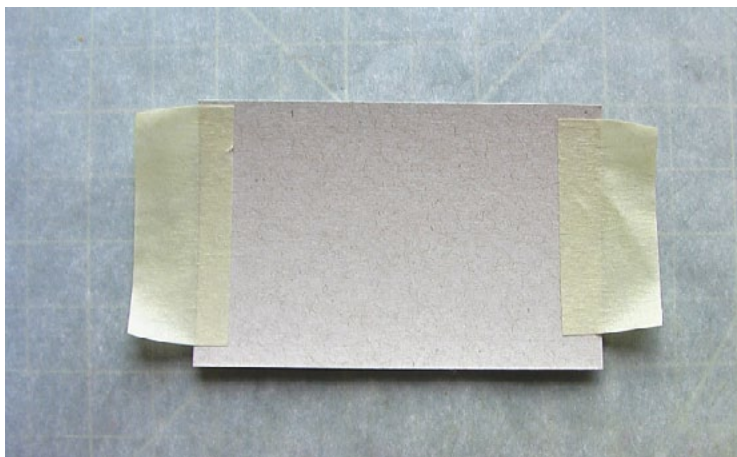
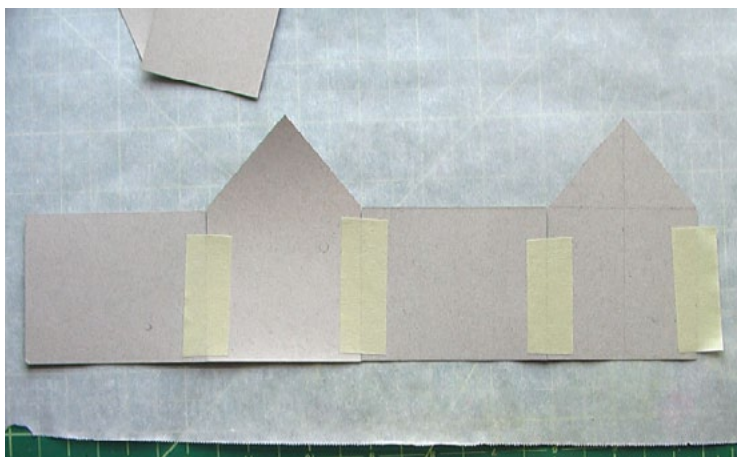
with clay as well, cut out a piece of clay using the floor template.

For the roof, you have two options. You can either cut out two roof panels from gingerbread clay, or you can roll out white clay and cut your panels from that instead. I used white clay, because my roof was entirely covered in icing, and there was no need to waste gingerbread clay for those panels. Decide which option is best for you, and cut out two roof panels.

You will now assemble the paper shell of the house using your template pieces. First, take the four wall panels and tape them together as shown. Fold them into a box shape and secure it with tape. Add a strip of tape to the short sides of your roof panels and secure them to the top of the house. Add one more strip of tape at the peak of the roof to add stability.

Flip the house over and begin stuffing it with crumpled balls of aluminum foil. You want to pack the house as full as possible to create a rigid structure able to withstand the weight of the clay. Press the foil into the nooks of the house as completely as possible. Once you are done, tape the floor panel into place. The skeleton of your house is now complete.

Take your clay wall panels and press



them against a piece of sandpaper to add texture. Then, lay them on your house skeleton, matching up like-sized panels, and pinch the edges of adjacent clay pieces together as you work.

When all four panels have been added, you can go back and smooth the seams with your finger. Then, press sandpaper over those seams to match the texture of the rest of the panels. If you are adding a floor panel, do so now using the same method.

Add your roof panels, pinching them together at the peak of the roof and joining them with the two larger wall panels where the seams meet. Your house should now be encased in clay (with the exception of the bottom, if you're not using clay on the floor).

Preheat your oven to the temperature specified by the clay manufacture. Bake the house for fifteen minutes, and let it cool completely. While the house is baking and cooling, you can prepare your frosting and decorations.

For the frosting, chop up a chunk of white clay into smaller bits and place in a small bowl that you have set aside strictly for use with polymer clay (do not use this bowl later for food). Squeeze an equal amount of liquid clay into the bowl. This ratio



does not have to be exact, so feel free to eyeball the amounts.

Use a wooden craft stick to mash and smear the solid and liquid clay together until they form a thick paste. This will take time, and you may need to add more liquid clay from time to time if your mixture is too dry. You are done when the mixture resembles smooth buttercream frosting. Set this aside while you prepare your decorations.

I used molds for a number of my decorations, and you can get the exact molds used for this house [here](#). You can also create any decorations you wish to use by hand.

For the remaining directions, I will show you how I created the decorations you see in my finished house, but feel free to decorate your house however you please. The general method will be the same regardless of the design you choose.

I focused on one of the two side walls first, and I used a large heart mold (get it [here](#)) to create a rainbow of candy hearts. Secure any decorations to the house with a dab of liquid polymer clay or your frosting mixture applied with a toothpick.

I used three different leaf molds to create marshmallow candy leaves (get it [here](#)) and a small flower mold (get it [here](#)) to create pink flowers for



the base of the walls.

The windows were created by rolling out a thin sheet of light blue clay and cutting out a round, 3/4" in diameter circle. I then used a large leaf mold to create two pink leaves, and I cut out a semicircle using the same 3/4" round cutter, fitting the leaves on either side of the round window. I rolled out a snake of clay to line the window and to create a cross pattern in the center.

I found it easiest to lay the house on its "back" when I was working a particular panel. I would then arrange all of the decorations and bake the house in a preheated oven for five minutes. Once the house was cool, I would move on to the next wall panel and repeat the process.

For the front panel, I rolled out a sheet of pink clay and cut out an arched doorway shape with a craft knife. You can also use the provided template to create this shape. The wood grain was etched onto the surface with a needle tool. I secured the door onto the wall with liquid clay, and then I added dots of liquid clay around the entire door.

These dots of clay were the glue for dozens of balls of white clay. Larger balls were used first, and then I repeated the process a bit further away from the door with smaller balls of clay spaced further apart. A white



ball was added to the door for a knob.

I then used a metal pastry tip in size #12 to cut out a rainbow of clay circles (you can also use a small round cutter if you have one in this size). I applied a strip of my polymer clay frosting to the roof line and added the colored circles in a rainbow pattern.

I also added a dab of frosting and a red candy heart, and using a needle tool I added two curlicue patterns of frosting on either side of the heart. The house was baked again for five minutes and allowed to cool.

Finally, I prepared a light tan clay by mixing white and ecru clay in equal amounts. Then, I added translucent clay to this mixture in a ratio of 1:1, colored clay to translucent.

I rolled this clay out into a thin sheet and cut out tree cookie shapes, pressing the clay against a piece of sandpaper to add texture. Using ground up chalk pastel in light brown and medium brown and a dry paint brush, I lightly coated the tree cookie with pigments, giving it a baked appearance.

With a toothpick, I added lines of liquid clay and I sprinkled glass microbeads onto the liquid clay to form a garland. Clay peppermint candies and a squiggle of brown



polymer clay frosting on the trunk completed the cookies. I baked the cookies in a preheated oven for ten minutes before anchoring them to the front of the house with polymer clay frosting and baking them to the house for five minutes.

For the rear panel, I used candy hearts and circles; marshmallow butterflies, leaves and flowers; and a couple of extra polymer clay doughnuts that I had made for another project. The house was baked for five minutes after these decorations were added.

For the roof, I coated both panels with my frosting mixture, and I added purple and pink balls of polymer clay to the peak.

The house was baked one final time for five minutes.

Once the house was cool, I coated the roof panels with Mod Podge glue and sprinkled tinsel glitter onto the entire roof. I allowed the glue to dry completely while I prepared the snowflakes.

The snowflakes were pieces I purchased at a craft store from the scrapbooking section, and I used a pair of wire cutters to clip off the plastic loop from the back of each to allow the snowflakes to lie flat against the roof. You can use whatever snowflake pieces you can find, including stickers, or make your own. Glue the snowflakes to the roof with E-6000 glue.

At this stage, I brushed a thin coat of polymer clay varnish onto the candy hearts and the gum balls on the roof, but I left all of the marshmallow pieces unvarnished. Once the candy pieces were dry, I sprayed the roof with an acrylic



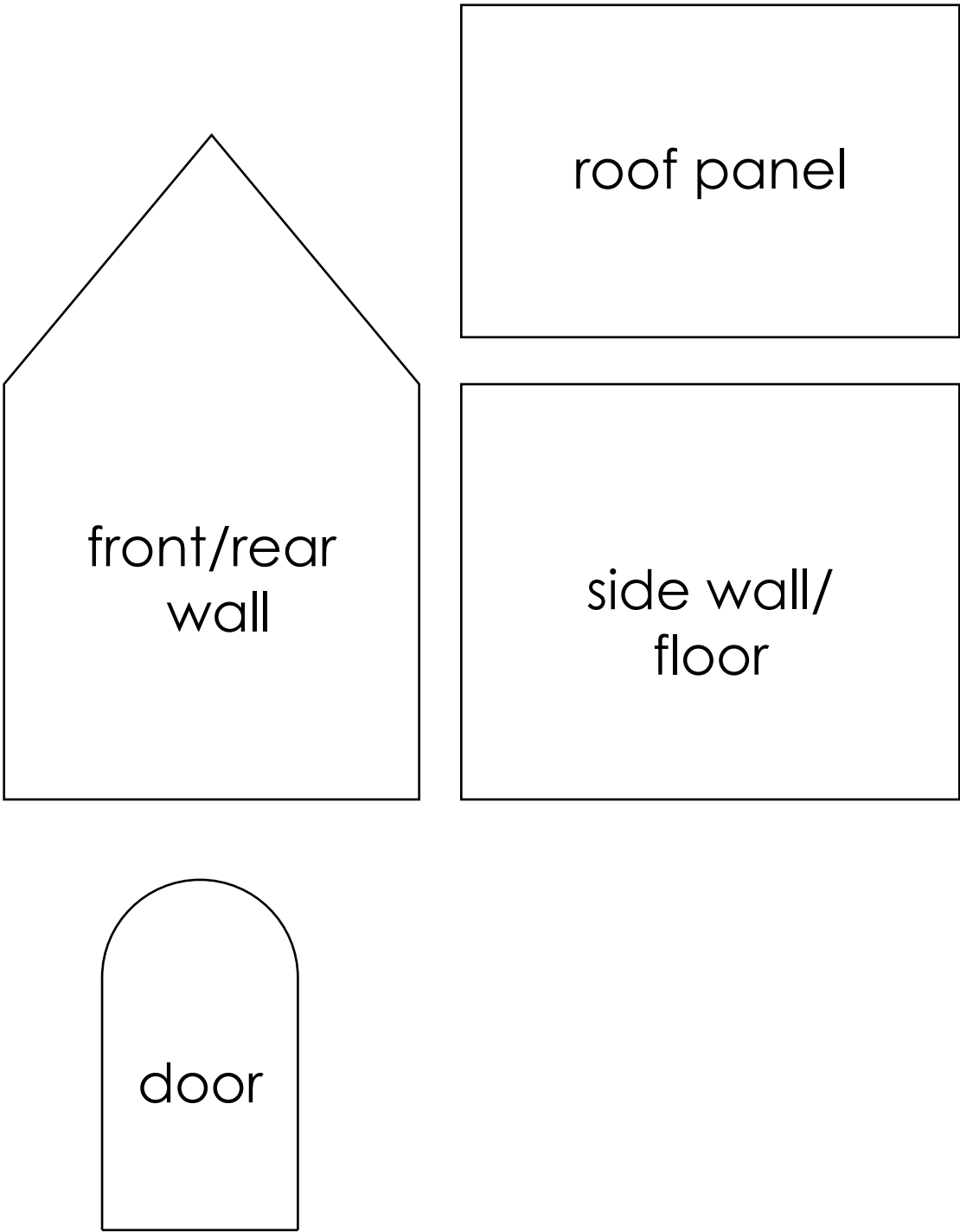
sealant to prevent the glitter from shedding excessively, and voilà...



ENJOY YOUR TINY GINGERBREAD HOUSE :)



GINGERBREAD HOUSE TEMPLATES



SUPPLY GUIDE

Virtually all of the supplies listed in this book can be found at any well stocked craft store, such as Michael's or Hobby Lobby (within the US). If you do not have access to a craft store, here are some of my favorite online sources:

- For polymer clay and clay tools: <http://www.polymerclaysuperstore.com>
- For inexpensive craft supplies, including spary sealant (D): <http://www.createforless.com>
- For artist chalk pastels and other craft supplies: <http://www.dickblick.com>
- For metal pastry tips: <http://www.wilton.com> and <http://www.surlatable.com/category/CAT-5783/Bakeware>
- Glass microbeads and glitter: <http://shop.marthastewart.com/category/58390016261/1/Glitter.htm>

Brands that I like:

- Sculpey™ III polymer clay (I love the texture--soft but not overly so)
- Translucent Liquid Sculpey® (C)
- Amaco™ PolyBlade (B)
- Sculpey™ gloss polymer clay varnish (A)
- Sargent® artist chalk pastels (or any inexpensive store brand) (E)
- E-6000 glue and Ace Extra-Time Epoxy (F)

A



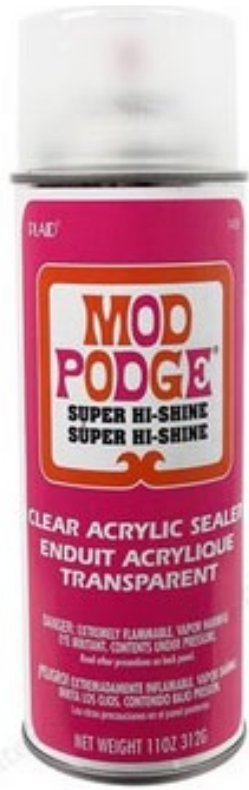
B



C



D



E



F



Make Your Own Holiday Cookie Wreath

with the Mouse Market



This festive cookie wreath adds a colorful touch to any holiday scene, and it can easily be adapted to other occasions as well (hearts for St. Valentine's Day, ghosts for Halloween, etc.).

Supplies

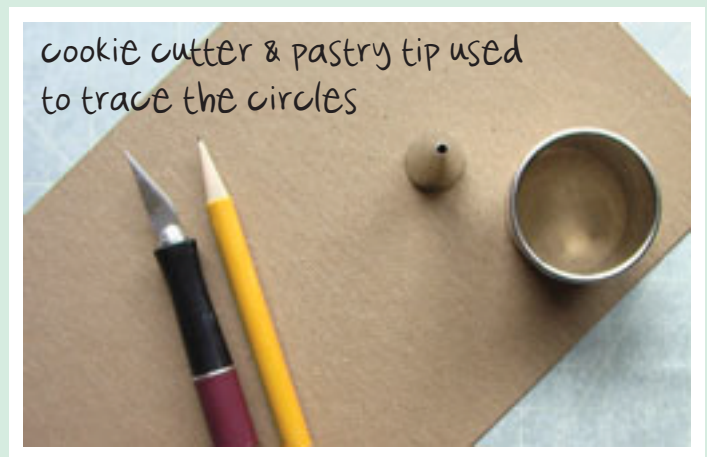
- cardboard
- paint or decorative paper
- Exacto knife
- polymer clay (see step 3 for colors)
- liquid clay (such as Liquid Translucent Sculpey)
- rolling pin or pasta machine
- chalk pastels (optional)
- corn starch (optional)
- cookie cutters
- glue (such as E6000)
- wire or other hanging material (see step 1 and 8)

Step 1

Start by preparing the cardboard wreath base. I used a medium weight cardboard sheet leftover from a package of tee-shirts, but most rigid materials will work just fine. Using a compass or two round glasses, cookie cutters, etc. in different sizes, trace the inner and outer circles of your wreath. My outer circle has a diameter of roughly 1 1/2" (3.5 cm), and the inner circle a diameter of 3/4" (1.75 cm). Using the Exacto knife, cut out the wreath shape. You may choose to use an awl to punch a hole in which to loop a bit of hanging wire in the top of the wreath at this stage (see step 8 for other options that can be added later).

Step 2

Depending on how densely packed the arrangement of your cookies will be, you may choose to paint the cardboard base in a pretty color. I used an acrylic paint in robin's egg blue. Glitter or decorative paper would also make a lovely covering. The idea is to prevent the rather blah cardboard color from showing through, should there be small gaps between your cookies in their final placement.



painting the
wreath base

Step 3

Next, prepare your polymer clay colors. Here, I've created two batches. One is a basic sugar cookie dough made from equal parts white and ecru clay. The gingerbread dough is a mixture of equal parts burnt umber and pottery. You may choose to add translucent clay as well, as this prevents your cookies from appearing too matte and artificial. For either dough, I thoroughly mix the colors first to ensure that I have the proper shade, and then I add translucent clay in roughly a 2:1 ratio, colored:translucent. (Color names are from the Sculpey III line of clay.)



Step 4

Now it's time to create the cookie shapes. Using a rolling pin or a pasta machine (I set mine to 5), roll out the cookie dough and coat one side liberally with corn starch to allow the clay to release from the cutters more easily. Cut out your shapes, and set them on a baking sheet lined with parchment paper or a ceramic tile. (If your cookies stick in the cutters, use a blunt-ended object, such as a narrow paintbrush handle, to gently pop them out.)



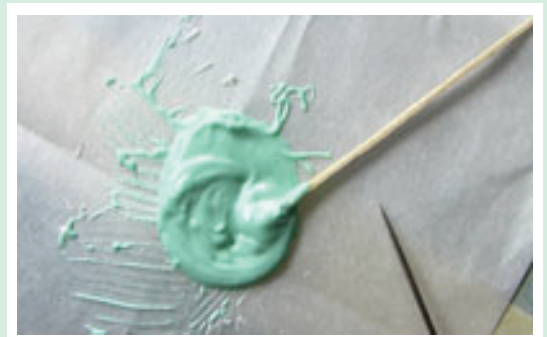
Step 5

You may choose to brush a small amount of light brown, crushed artists pastels onto your sugar cookies for a "baked" look, but this is entirely up to you. (Use a mortar and pestle to crush the pastels, or shave off a small amount of pigment with a razor blade.) Bake your cookies according to the manufacturer's instructions for about 5 minutes. They will be baked again once the icing has been applied, so take care not to over bake at this stage. Remove from the oven and allow to cool while you prepare the icing.



Step 6

Using equal parts white clay and liquid clay, mash and smear the two together with a wooden craft stick in a small bowl or on a piece of parchment paper until the mixture resembles cake frosting. This will take a bit of time, but it will come together eventually. You may choose to use the icing as is, or you can tint the icing with crushed pastels (see previous step for preparation of pigment) or oil paints. Prepare whichever colors you would like, and if the mixture is too stiff, add more liquid clay until you reach the desired consistency.



Step 7

To ice the cookies, use a toothpick or a needle tool, depending on the size of your cookies and the level of detail desired. Dab a small amount of icing into the center of the cookie and drag it outward with your tool of choice to fill in the rest of the cookie. Top with glass microbeads, colored sand, or other decorations (don't use anything that will melt in the oven!), and bake for 7-10 minutes according to the manufacturer's instructions. Allow the cookies to cool. Alternatively, you may choose to paint the baked cookies or leave them plain.

icing after it has been thinned w/ liquid clay and tinted green

Step 8

If you punched a hole in your wreath in step one, loop a bit of wire through the hole and form it into an s-shape to secure. The bottom loop of the "s" will attach the wire to the paper, and the top loop will be used to hang the wreath. Practice arranging your cookies on the wreath base, and once you are satisfied with the pattern, glue the cookies into place. You may choose to add a bow, glitter, or other festive touches at this stage. To hang without wire, glue a paper or string loop to the back of the wreath base.



Step 9

Enjoy your lovely holiday wreath!



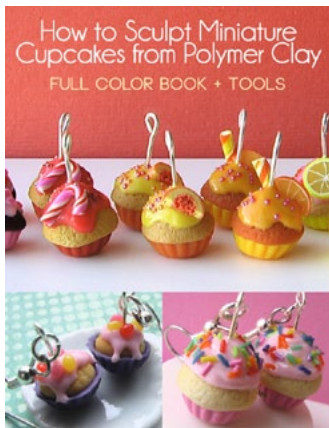
Mo Tipton is the miniaturist behind the Mouse Market, an online shop featuring her hand sculpted dollhouse foods and delectable, collectible jewelry. Find her work at www.themousemarket.com.



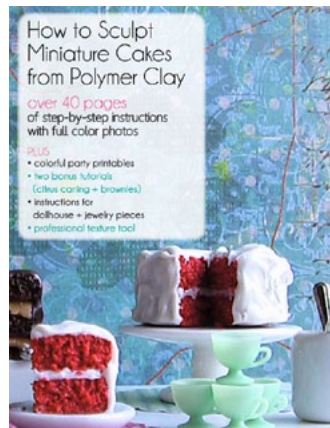
What's Next: Building Your Skills

- 1** Find ways to use the skills in these books in different ways. This is a great way to improve your sculpting. Perhaps you could use the chocolate filling to ice a miniature cake or use the chalk pastel technique to give a baked appearance to a tiny baguette.
- 2** Practice, practice, practice. The only way to improve is to keep sculpting, even if your first attempts are less-than-encouraging (mine were, too). The more you work and learn from your mistakes and successes, the better you will be at taking a real food and mentally mapping out a way to miniaturize it.
- 3** Learn more techniques. Check out the other books in the **Dollhouse Chef Series** to expand your toolbox of skills. Over time, you will become a walking encyclopedia of mini food know-how, and before you know it, there won't be a food out there safe from your magical shrinking powers.
- 4** Tell me what you want to learn next! If you have a suggestion for a future book, email Mo at info@themousemarket.com, and the next installment in the Dollhouse Chef Series could be your great idea.

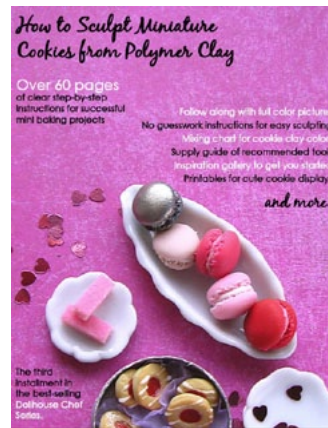
The Dollhouse Chef Series



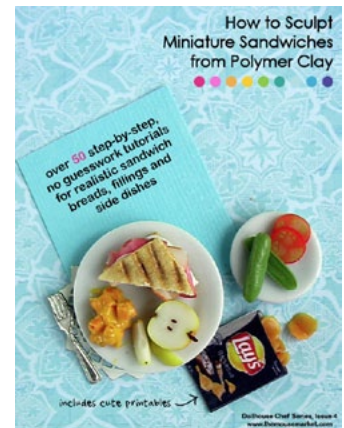
cupcakes



cakes



cookies



sandwiches



Halloween



Christmas



breakfast