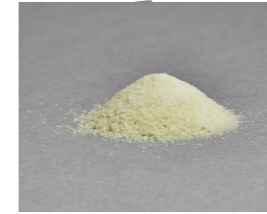




## Ingredient List



water  
4 Tbs



gelatin  
3 Tsp



glycerine  
2 Tsp



sunflower Seeds  
3 Tbs



## Preparation Steps



add  
water+ glycerine  
then gelatin



mix  
the ingredients +  
sunflower seeds



medium heat  
for 10 min



let it cool down  
in the mould

## Material Assessments

hard       soft  
smooth       rough  
matte       glossy  
elastic       not elastic  
strong       weak

opaque       transparent  
tough       ductile  
light       heavy  
fibred       not-fibred



## RECIPE 05

Forming Technique  
CASTING

## References

<http://www.materiom.org/search>

Alaa Arnouti, Eman Ahmed