



Sugar Skulls



Prep time: 1 hour
Drying time: 1 day



Servings: 4 skulls

Ingredients

Sugar Skulls

- ¼ cup meringue powder
- 6 cups granulated sugar
- ½ cup water
- Sugar skull mold (available at the Museum gift shop or at MexicanSugarSkull.com)

Royal icing (2 options)

Option 1

- 7½ tspn meringue powder
- 6 teaspoons water
- 1 pound powdered sugar
- 1 teaspoon almond extract (optional)
- food coloring (your choice)

Option 2

- Buy store icing and avoid extra work, it's up to you!



Sugar skulls are a decorative candy art in Mexico. You can buy them in Mexican markets and bakeries in late October. They are given as sweet treats for friends or used to decorate altars and graves. This recipe is provided courtesy of the Front Range Community College Latinx Club.

Instructions

1. Sugar Skulls
2. Mix the sugar, meringue powder, and water together until the sugar holds together when squeezed. If the sugar is too loose add a bit more water.
3. Fill the skull mold with the wet sugar, pressing to compact it tightly so that there are no air holes or cracks. Scrape off the excess so that the tops are flat and smooth.
4. Cut some parchment paper and cardboard so that they are a bit bigger than the skull mold. Set the parchment paper over the top of the mold then set the cardboard on top of the parchment paper. Grab onto the mold and cardboard, and carefully flip them upside down and set on the counter. Carefully wiggle and lift the mold up off the sugar skulls. The mold should come right off. If the sugar sticks, it's too wet, or your mold has too much sugar stuck to it and needs a wash.
5. If your sugar mixture is too wet: scrape it out of the mold, clean the mold, and add some more dry sugar to the mixture and try molding it again.



Sugar Skulls

Instructions

6. If your sugar skulls do not hold together you will need to add a bit more water to your mixture.
7. Let them dry a minimum of 12 hours.

Royal Icing

1. Make royal icing by whisking the water and meringue powder then adding the powdered sugar and almond extract and beating until it begins to lose its shine.
2. Color the royal icing using food coloring, then spoon into pastry bags fitted with small round tips.
3. Pipe royal icing onto the skulls creating any designs you like.
4. Allow the icing to dry for several hours before using them to decorate your Day of the Dead altar.
5. You can also decorate your sugar skulls with colorful foil and sequins “glued” on with royal icing.

Notes

The entire process from start to finish will take approximately 24 hours due to all the drying time. While these skulls can be eaten, they are supposed to be used as decoration, not as a dessert.