



# Week Seventeen



## Reusable Beeswax Food Wraps

Beeswax wraps are a great alternative to plastic food wraps: environmentally friendly, reusable, and economical.

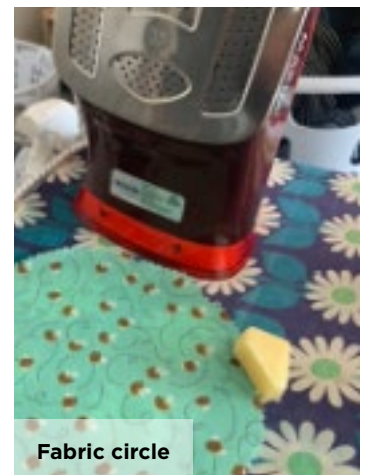
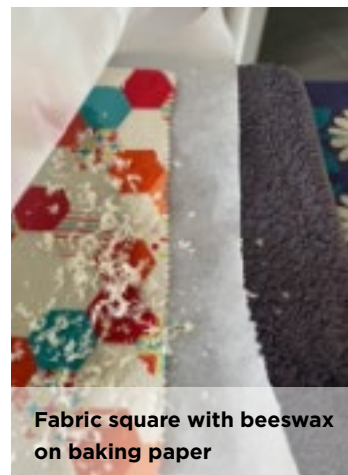
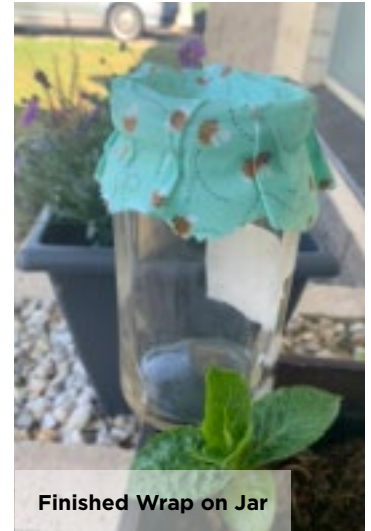
### Materials and equipment

You will need:

- 100% cotton fabric, plain or printed – you can use any suitably sized scraps you have, or re-use a cotton pillowcase
- 1 cup grated beeswax
- coconut oil or jojoba oil
- baking paper
- zig zag pinking shears (optional) or sharp scissors
- an iron
- wire rack for cooling
- old towel

### Making the wraps

- 1. Prepare the fabric:** make sure the fabric has been pre-washed and dried. Cut a square of fabric 40cm X 40cm, and a 20 cm diameter round (or sizes to suit your bowls or as desired), using the pinking shears if you have them. The zig zag edges help prevent fraying, but if you don't have pinking shears, a clean, sharp cut and making sure the wax coats the edges of the fabric will be just as effective.
- 2. Make the wraps:** if you wish, cover the base of your iron with foil to protect it. Heat the iron to the 'hot' or 'cotton' setting. Cover your ironing board with the old towel. Put baking paper (at least 8 cm larger on all sides than your cotton fabric piece) on top of the towel. You can overlap sheets of baking paper if necessary. Lay the fabric on top, right side facing down. Sprinkle the grated beeswax evenly over the fabric. Add a drop or two of coconut oil. Place more baking paper over the top on the grated beeswax. Gently iron over the top of it. The grated beeswax will melt and coat the fabric. The fabric will look 'wet' when the wax has absorbed properly.





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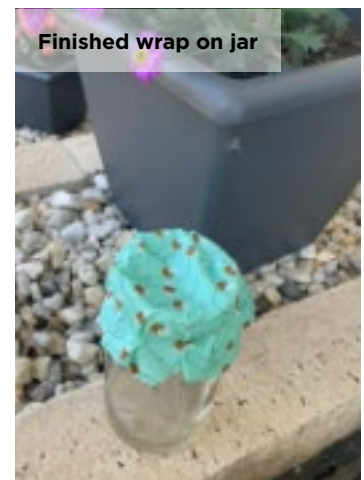
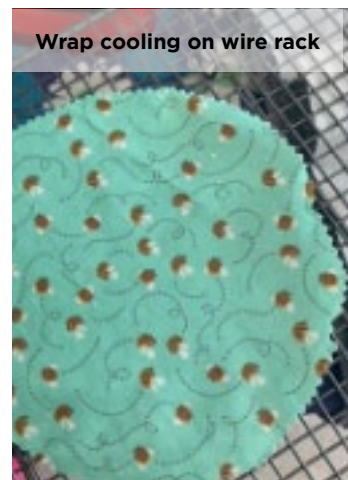


- Peel off the baking paper:** carefully peel the baking paper from the fabric- **it will be hot.** Hold only the corner. Peel the baking paper back to make sure the beeswax has melted evenly. If more coverage is needed, sprinkle some more grated beeswax and re-cover with the baking paper and iron again. Cool on the wire cooling rack for a few minutes

## How to use beeswax wraps

Beeswax wraps are reusable and washable. They last for 6-12 months.

- Start by unfolding the wrap. Crumple it 2 or 3 times in your hands to make it malleable. To cover a bowl or container, press the wrap with your hands as you place it over the sides of the container, so that it adheres to the bowl.
- Wrap up fruit, vegetables, cheese, sandwiches.
- Always wait until your food is cold before covering with beeswax wrap.
- Do not put the wrap in direct contact with raw meat or fish, and try to avoid contact with liquids or moisture.
- Do not use in the microwave or oven.
- To wash wraps, rinse the wrap with cool or lukewarm soapy water (don't use hot water as this will melt the beeswax). Don't wring out the wrap. Make sure they are air-dried before reusing. To store, roll into a tube.



Beeswax can be purchased from local beekeepers. Search the internet to find a local supplier. While it is also available from hardware and craft stores, it will be more expensive, and may not be Australian.

## Alternatives to Jojoba oil:

Jojoba oil is frequently used to make beeswax wraps, but is not recommended for food consumption. The amount you would be consuming would be microscopic, but if you prefer, you can use coconut oil, castor oil or olive oil.



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## Should I add pine resin?

Many recipes for beeswax wraps, or wraps available for purchase, include pine resin. Its purpose is to make the wrap 'sticky', to help it cling to the bowl or container. However, it is not a food grade ingredient, and may be difficult to source. Your wrap will be just fine without it.

*With thanks to Narelle Hanrahan*