One of a series of workshops for home-educators.

Try them as a family or form a group with friends on-line and share your ideas and creations as they unfold.

3 Kolobok: This challenge is for you to make Kolobok (Russian biscuits) and a background for them to roll down, and then retell the story with origami nested dolls depicting the characters.

The Kolobok is the Russian version of ‘The Gingerbread Man’ (or perhaps the ‘The Gingerbread Man’ is our version of ‘The Kolobok’) and you can hear our version of the story at https://youtu.be/Vk-Jj2pOecl

You will need

for the kolobok:
3 different types of flour - buckwheat, wholemeal or rye and white plain or self-raising
Baking powder
Butter or Sunflower oil
Sour cream or Single cream and Lemon juice

for the background:
A big a piece of paper/card (or join together some A4 pieces)
Pencils or pens
Other bits to decorate as inspiration strikes

for the origami nested dolls:
7 sheets of A4 white paper
Pencils, pens or crayons

How to make Kolobok

Put 75 gms of each of the three flours (total 225gms flour) in a bowl with ½ teaspoon of baking powder. Mix together.

Rub in 100gms of butter (or 8 tablespoons sunflower oil) – it will be sticky.

...then...
Make a well in the centre and pour in 120g sour cream (or 115g single cream and ½ teaspoon lemon juice). Mix it all up. It will be very sticky!

Pull off small pieces and roll into balls. Put on greased or lined baking tray.

Using the tip of a spoon and your finger, make a mouth, spaces for eyes and pinch up a nose.

Bake at 200°C/190°C fan for 30 minutes.

How to make the background

This is a Palekh painting of the story, by Alexei Orleansky who illustrated a book of Russian fairy tales. Use it as inspiration for your own background landscape for your kolobok to run around.

Palekh is the name of a small town in Russia, 190 miles north-east of Moscow.

People who lived there used to paint icons (pictures of saints or bible characters) on cypress-wood panels or on a papier-mâché base.

In the 1920s, after the Russian Revolution, all religion was banned. People in power encouraged ordinary people to tell folk-tales, play folk music, learn folk dances and generally think about Russian traditions rather than religion. So the Palekh artists could not sell icons. Instead they made papier-mâché boxes, trays and brooches and decorated these with images from folk-tales.

Palekh paintings traditionally have black backgrounds.

How to make the origami nested dolls

You need a different-sized square of paper for each character:

Grandfather – 21 cm  Grandmother – 19 cm
Bear – 17 cm  Grey Wolf – 15 cm
Hare – 13 cm  Fox – 11 cm
Kolobok – 9cm
Take point A to point B and fold along the diagonal.

Take point A to point B pinch the fold at point C, then return point A to its original position.

Turn paper over from this, to...

Take point A to point C and press along fold.

open into a pocket
tuck in the upper layer from below and press along the fold

Turn the paper over so it looks like this

open into a pocket

tuck in flap from below and press along fold

press from each side to open into a cup

and stand it upside down to become one of your nested dolls

it's easier to decorate when flat!
The images below were posted on our Mythstories - Let’s Create at Home Facebook Group session on 10th June 2020, where we shared tasting notes on Kolobok too.

“Thank you for entertainment and lunch all rolled into one! Despite appearances they actually were very nice.”

“I have all sorts of ideas now! If we ever get out this year, and I do some storytelling, I will be telling this one!”

See a video of the completed challenge here: -  https://youtu.be/4NjUaaiuyUo