

# Edible Rice Clay Recipe

Rice Clay is an amazing recipe that can be used just about anywhere gum paste can. Unlike gum paste or fondant, Rice Clay is more resistant to humidity and will not melt as quickly. Rice Clay (not including the Plastic Rice Clay recipe) also remains flexible for a long time, depending on which recipe is used and the level of humidity in the air! This means that handmade flowers can be made less breakable, and decorations such as wires for edible game controllers or even phone cords can be made flexible!

Below you will find 5 different recipes for Edible Rice Clay. They range from the firmest recipe (Plastic Rice Clay) all the way to the super soft Ultra Flexible Rice Clay. These recipes were designed and tested in a climate that has a low to moderate level of humidity. The level of humidity in your climate will determine how soft your dried Rice Clay decorations will be. If you live in a very humid tropical climate, and you are looking to make flexible flowers, I suggest trying the Low or Medium Flex recipes first. You may have to experiment with these recipes to figure out which ones work best in your climate. And if you live in a climate with very low humidity, you may find that the Soft Flex Recipe might be what works best for you!

**[\(Scroll to the bottom to find the Rice Rubber Recipes\)](#)**

## Very Important:

Though these recipes are made from edible ingredients, decorations made using these recipes should be treated as non-toxic, food safe decorations only. Also they were not designed for taste and should be treated as if they were like gum paste (not meant to be eaten).

How to store the clay: Wrap the clay as demonstrated in the tutorial. Clay can be stored in the refrigerator up to 4 days, or stored in the freezer for up to 3 months (may be stored longer, but I have only tested and recommend 3 months). To thaw the clay after freezing, place the clay in the refrigerator to thaw overnight before using. Then follow the steps to restore the dough as demonstrated in the tutorial.

Restoring and softening hardened clay: This technique works best for the softer flex recipes. The firmer the recipe, the more difficult it is to restore. I highly recommend using the firmer recipes (like the Plastic version and Low Flex) the same day it is made, as it may become too dry during storage to be restored.

Whiter clay: This clay has a slightly off-white color. If you would like your clay to be pure white, whitener (like Wilton's white-white icing color) can be used. Keep in

mind that liquid whiteners like Wilton's may contain glycerin which will cause your clay to dry softer... so keep this in mind if you need a specific level of flexibility.

### Plastic Rice Clay

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

1 Tablespoon Food grade Glycerin

3 Tablespoons plus 1 teaspoon Water

60 grams Cornstarch

30 grams Tapioca Starch

1 Tablespoon Shortening

3 Tablespoons Corn Syrup

\*\* This recipe works great for making firm decorations like plastic sauce containers for food cakes. But in very humid tropical climates (or on a very rainy humid day), this recipe may soften and be a little flexible... if your climate is super humid, this recipe may work for creating flexible flowers. This recipe takes about 1 to 2 days to fully dry (may take longer in a humid climate).

## Low Flex Rice Clay

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

2 Tablespoons Food grade Glycerin

3 Tablespoons plus 1 teaspoon Water

60 grams Cornstarch

30 grams Tapioca Starch

1 Tablespoon Shortening

3 Tablespoons Corn Syrup

\*\* This recipe dries firm, but is slightly flexible. This recipe may be much softer in a humid tropical climate. This recipe takes about 1 to 2 days to fully dry (may take longer in a humid climate).

## Medium Flex Rice Clay

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

2 Tablespoons Food grade Glycerin

3 Tablespoons Water

60 grams Cornstarch

30 grams Tapioca Starch

1 Tablespoon Shortening

3 Tablespoons plus 1 teaspoon Corn Syrup

\*\* There isn't a major difference between the flexibility of this recipe and the Low Flex recipe when dried... it is slightly more flexible, but it is a bit more shiny (as long as it isn't dusted with cornstarch). This is the recipe demonstrated in the video tutorial. This recipe takes about 1 to 2 days to fully dry (may take longer in a humid climate).

## Soft Flex Rice Clay

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

2 Tablespoons plus 1 teaspoon Food grade Glycerin

3 Tablespoons Water

60 grams Cornstarch

30 grams Tapioca Starch

1 Tablespoon Shortening

3 Tablespoons Corn Syrup

\*\* This is one of my favorite versions of this recipe! This one dries very soft and works well in my climate for making flexible flowers! This recipe may be too soft for making flowers in very humid climates... but you can try it out if you'd like! This recipe takes about 2 to 3 days to fully dry (may take longer in a humid climate).

## Ultra Flex Rice Clay

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

3 Tablespoons Food grade Glycerin

2 Tablespoons plus 2 teaspoons Water

60 grams Cornstarch

30 grams Tapioca Starch

1 Tablespoon Shortening

3 Tablespoons Corn Syrup

\*\* The softest Rice Clay recipe in this collection! This one I specifically designed for making strings or cords that need to remain as flexible as possible. Depending on the level of humidity in the air, this one may be too soft for flowers. This recipe takes about 2 to 4 days to fully dry (may take longer in a humid climate).

# Rice Rubber Recipe

The Rice Rubber Recipes are my favorite of this recipe collection! They are amazingly flexible and remain that way for such a long time! They also require less ingredients than the Rice Clay Recipes!

## Medium Flex Rice Rubber

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

1/3 cup plus 1 Tablespoon of water

3 Tablespoons Food Grade Vegetable Glycerin

60 grams Cornstarch

## Super Flex Rice Rubber

40 grams Superfine White Rice Flour

30 grams Glutinous Rice Flour

1/3 cup plus 1 Tablespoon of water

¼ cup Food Grade Vegetable Glycerin

60 grams Cornstarch