selvedge

Soap Making Instructions

Equipment needed

- Heavy duty rubber gloves, Apron, safety goggles, Long sleeved top
- Vinegar
- Stainless steel saucepan (min 3 Litre)
- Cooking thermometer (jam making etc)
- Wooden spoon x 2
- Cling film, plastic tubs or silicon ice-cube tray
- Towels or blankets, cardboard
- Stick blender (desirable not essential)

Ingredients

- Palm oil 255g
- Coconut oil 340g
- Olive Pomace Oil 552g
- Sodium Hydroxide (caustic Soda) 162g
- Filtered water (13 Fl oz)
- Sweet Orange essential oil 22.5g
- Cinnamon Leaf essential oil 5.5g

Recipe

1) Add the palm, coconut and Olive oil to the saucepan. Heat the oils while stirring until there are only a few small lumps left floating, switch off and leave.
2) Measure out 13 fluid oz of water into a plastic jug. Take outside and put on all safety equipment. Slowly add the sodium hydroxide to the water whilst stirring. Be careful to turn your head and not inhale any of the fumes released. Once it is stirred thoroughly place a small plate or similar on the top to prevent anything from falling in. Leave outside
3) Make sure the plastic or silicone tubs you are using as moulds are clean and dry and ready to use. Place newspaper or similar on work surface. This recipe makes about a KG of soap so have several tubs ready.
4) Over the next hour periodically check the temperature of the oils and sodium hydroxide mix, remembering to wipe the thermometer each time. Once the oils and sodium hydroxide are both roughly the

same temperature between 100-125 F (if the oil temperature has dropped too low you can gently heat to raise the temperature remembering to remove from heat several degrees lower than you require, to cool oil you can place pan in a sink of cold water and stir until it reaches the desired temp) you can gently pour the sodium hydroxide into the oils. Stir as you pour.

5) Stir the mixture constantly until it starts to thicken and leave lines in the wake of the spoon (tracing) this can take anything up to an hour or more. The mixture will become opaque and thicken and you will see lines in the mix as it thickens. A way to tell if it is tracing is to lift the spoon out of the mixture and drip the liquid along the surface if is sinks without a trace it is not ready, if it leaves faint lines in the surface it is ready. (if you have a stick blender this can be achieved in a few minutes but you need to regularly check the mix as tracing can occur very quickly with this method)

6) Once trace occurs add the essential oils and stir thoroughly.

7) Pour the thickened mixture into your clean dry moulds. (optional extra to place dried orange slices on surface of soap before adding cling film) Once all moulds are full cover in cling film to prevent oxidation.

8) Place moulds in a safe corner and place cardboard over the top. Then wrap in blankets or towels to prevent the soap cooling too quickly. Leave for 48hrs

9) After 48hrs the soap should be solid and no longer warm. Place moulds into the freezer for approx 8 hours. Once frozen remove from freezer and turn out soap onto a tray or similar surface to dry out. REMEMBER TO USE GLOVES

10) Once dry cut into bars and leave for a further 4 weeks to dry. The longer it is left to dry the harder and better the soap is.

WARNING

PLEASE DO NOT TOUCH RAW SOAP OR SODIUM HYDROXIDE MIX WITHOUT FULL SAFETY COVERAGE. CLEAN ALL EQUIPMENT AND SURFACES THOROUGHLY WEARING GLOVES. SPRAY VINEGAR ANYWHERE SOAP HAS TOUCHED TO ENSURE THE ALKALI IS NEUTRALISED

Sodium Hydroxide is very caustic and if it comes into contact with the skin will need to immediately be sprayed with vinegar to neutralise the alkali. It is very important when handling sodium hydroxide and raw soap that you wear gloves, apron, safety goggles and cover arms and legs. Essential oils are also powerful ingredients and will need to be handled with respect and rubber gloves at all times. When making up the sodium hydroxide: water mix it is best to work outside and not breathe in while stirring. Despite these warnings soap making is a fairly easy process providing you are sensible and respect the ingredients. Once soap has had a few days curing it very quickly becomes a gentle product that is safe to handle and use.

N.B. Instructions are directly from Sally Bourne. We have not tried this recipe yet so please take care and follow all of Sally's safety advice.