

Berry Bowls

by Lauren Smith

Berry bowls are fun and easy to make. They're also quick to sell and make great gifts. They can be used in more than one way in your kitchen: they properly aerate your berries to keep them fresh and can also be used as a strainer/colander. You can make them in any size and even add a tray underneath to contain dripping water.

Throwing the Bowl

To begin, center 2 pounds of clay on the wheel. As you open the center, leave around $\frac{1}{2}$ – $\frac{3}{4}$ inches of clay on the bottom for a nice, tall foot. Pull up the walls and begin to shape it into a bowl, leaving a curve on the inside. Using two flexible ribs, with one on the interior and one on the exterior, begin to open the bowl wider as you near the rim, while also cleaning up throwing lines and excess slip that builds up (1). Cut the form off the wheel and let it set up to leather hard.

Trimming the Foot

Once the piece is leather hard and able to maintain its shape while being handled, it's ready to trim. Using a 1-inch thick foam bat under the rim, center the foot of the bowl. With a sharp trimming tool, press firmly against the bowl while keep-

ing your arm steady; define the inner circle and the outside of the foot ring (2).

Adding the Holes

After the bowl is trimmed, place it rim-side down on a banding wheel. Place a thin piece of foam under the bowl first to protect the rim. Next, turn and press a hole-cutter into the clay (3). I own a set of three with double ends ranging from $\frac{1}{8}$ inch to $\frac{3}{4}$ inch, allowing for a variety of hole sizes. You can create different designs or patterns with the holes, but I like to group them in odd numbers of three or five. Keep in mind that the holes will shrink depending on your clay body. Place the holes a $\frac{1}{4}$ inch apart to prevent the piece from becoming too fragile.



1 With 2 ribs, open a thrown bowl to widen the rim and clean up any throwing lines.



2 Once the bowl is leather hard, trim it using a sharp trimming tool.



3 Press and turn a hole puncher into the leather-hard clay.



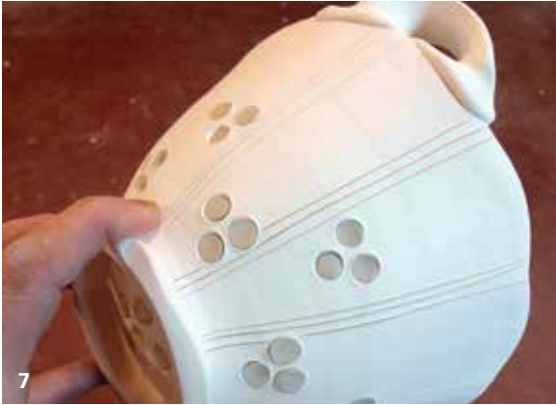
4 Press and turn both ends of a tapered wooden tool into the hole on both sides.



5 Make the thicker ends of your handles concave by pressing in with your thumb.



6 Attach the handles using the thick concave ends, wrapping them over the rim.



Press tiny balls of wet clay into each hole so you can separate your interior and exterior glazes without the messy clean up.

Cleaning the Holes

Clean each hole by pressing in and turning both ends of a tapered, double-ended wooden tool (4). Continue to clean the holes with a sponge and repeat the process with the tool on both the interior and exterior of the bowl.

Adding Handles

To make a handle, roll out a small coil, tapering the shape to have thick ends and a thinner middle. Before adding any water, flatten the handle and further pinch with a light, even pressure to get the shape right. Next, with a wet hand, begin to pull and stretch the clay between your fingers, rotating it from front to back so the handle has even thickness on both sides. Repeat the process for two handles. Let them set up to where they are not sticky. Once they have set up for a few minutes, take the thick bottom ends of each handle and push in, making it concave (5). This allows the clay to stretch over the inside and outside of the rim. Score both ends of the handles and a section of the rim where it's to be attached and firmly press the two points together (6).

Prior to Glazing

Once the bowl is bisque fired, roll a pinch of clay into a ball. With one finger covering one side of a hole, press the ball of clay into the hole (7). Repeat this process until all holes are filled. This allows you to use a separate glaze on the inside without it spilling through to the outside. At this point, you can begin glazing. Once you have glazed the inside and outside, push the dried clay out of the holes with a needle tool. Clean the inside of the holes with a small, round bristle brush making sure no glaze or clay remains inside the holes. Be careful not to use a runny glaze or it will fill the holes.

Lauren Smith is an studio artist and instructor living in Great Falls, Montana. She completed her MFA at the University of North Texas (Denton) in 2011 and has participated in multiple artist residency programs, including the Archie Bray Foundation for the Ceramic Arts in Helena, Montana, and Red Lodge Clay Center in Red Lodge, Montana.

Yogurt Parfait with Granola

Ingredients

17½ oz plain Greek yogurt
½ cup heavy cream
1 tsp vanilla extract
½ cup brown sugar
Assorted berries
Granola*

Directions:

First, pour the yogurt into a bowl. Then add the cream and vanilla. With a whisk, carefully stir until combined. It should be nice and thick. Sprinkle the brown sugar evenly over the top of the yogurt mixture. Don't stir the mixture. Cover the bowl with foil or plastic wrap and tightly seal the edges. Place in the refrigerator for at least 20 to 30 minutes. When you're ready to serve, place a handful of granola into a bowl or cup. Without stirring the mixture, spoon the yogurt over the granola, then add the berries. There will be creamy areas and brown sugar areas throughout the yogurt. Repeat the layers; granola, yogurt, berries, ending with berries on top.

*Granola:

5 cups rolled oats
1 cup wheat germ
¾ cup sunflower seeds
½ cup chopped pecans (you can also add or substitute walnuts, almonds, or peanuts)
1½ tsp salt
½ cup brown sugar
¼ cup maple syrup
¾ cup honey
1 cup vegetable oil
1 tbsp ground cinnamon
1 tbsp vanilla extract

Directions:

Preheat oven to 325°F. Line two large baking sheets with parchment or aluminum foil. Combine the oats, wheat germ, sunflower seeds, and nuts in a large bowl. Stir the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla together in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients and stir to coat. Spread the mixture out evenly on the baking sheets. Bake in the preheated oven until crispy and toasted, about 15 to 20 minutes. Stir once halfway through. Cool and store in an airtight container until you're ready to sprinkle the mixture on your parfait. Enjoy!

