

Edible Mardi Gras beads provide a taste of Carnival

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Students at Tulane University aren't just catching Mardi Gras beads, they can now make—and eat—them too. The edible throws are crafted from fondant, a mixture of sugar and water used to decorate cakes.

“Fondant is a sugar base that’s available at most retail locations such as Michael’s or Wal-Mart,” said Chef Michael Rabenowitz, of Tulane University Dining by Sodexo. “Working with fondant can be a little tricky but anybody can do it at home.”

Rabenowitz assures all amateur chefs that the process is not as difficult as it may seem.

He said: “It’s as simple as kneading the fondant, then rolling in onto a flat surface, about a quarter of an inch thick. Use a round piping tip to cut out small rounds. Combine a few of the rounds together to form the size bead that you want.”

To make the necklace, attach butcher twine or household string to a knitting needle to string the beads. Tie a knot before and after each bead so they are not loose on the necklace.

Let the necklace sit for two hours at room temperature.

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