

## REK's Phantom Model Recipe

### The Mold

A Storage Container – I use a Rubbermaid Brilliance Medium Deep Containers - 7.9 x 5.4 x 3.4 inches and holds 4.7 Cups – I like this one as it is unlikely to crack while drilling and flexes well when releasing the mold

1/8<sup>th</sup> inch bit  
160Q balloons  
60cc syringe with a small straight tip  
Ultrasound Gel  
2 mosquitos  
2-0 silk

Drill holes on both sides of container



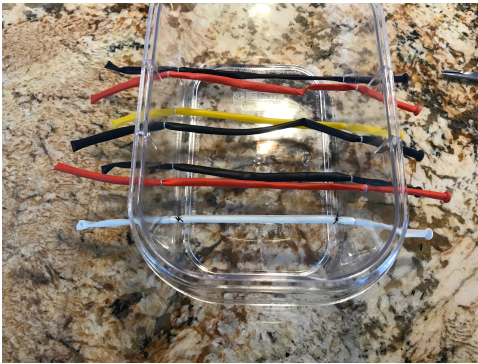
Put the 160Q modeling balloons through the holes and cut the sealed end off leaving about 1 ½ inches on either side of the mold



Fill a straight tip syringe with ultrasound gel and slowly fill the balloon – once the balloon is filled, clamp each side with a mosquito



Tie each end off with a 2-0 silk approximately  $\frac{1}{4}$  -  $\frac{1}{2}$  inch from the mold wall (next time I'm going to try hemoclips)



Finish all of them



I used an air compressor to blow up each end and tie them off



### The Recipe

4 cups water

16 pkts gelatin (1:1 ratio = 1 cup (cool) water: 1 ounce Knox gelatin)

Metamucil

12 drops of Black food coloring

1. In a pot, add cold water - water must be cool or will leave clumps
2. Sprinkle in gelatin gradually while stirring gently with a wire whisk - it'll look like applesauce



3. Put on low to medium heat until dissolved and clear stirring gently – stirring to aggressively will create a foam on top – do not bring to boil
4. Add 1T Metamucil
5. Add food coloring

Let gelatin cool for a few minutes then pour in into mold container and let cool uncovered in refrigerator – not freezer





Once settled, deflate balloons – give a little tug on each balloon and trim the ends close to the mold and remove phantom (they should retract into the mold)



Poke Away!!!