

- Cookies
- Page 411
- Guide to Good Food
- Kinds of Cookies
- 6 basic groups
 - Rolled
 - Dropped
 - Bar
 - Refrigerator
 - Pressed
 - Molded
- Ingredients similar
- Doughs differ in consistency
- Shape of cookie may be different
- Rolled Cookies
- Stiff dough
- Rolled to 1/8 to 1/4 of an inch
- Cut from dough with cookie cutter then transferred to cookie sheet
- Cookie cutters in various sizes
- Example: sugar cookies
- Dropped Cookies
- Soft dough
- Dropped or pushed from a spoon onto cookie sheet
- Dropped 2 inches apart
- Spread more than rolled
- Example: chocolate chip
- Bar Cookies
- Soft dough
- Dough spread evenly in jelly roll pan or square cake pan and baked
- May be chewy or cake-like depending on thickness of dough
- Can be cut into different shapes after baking
- Example: brownies
- Refrigerator Cookies
- High portion of fat
- Stiff dough
- Formed into long roll about 2 inches wide
- Roll is wrapped in foil or plastic wrap and refrigerated until firm, then sliced
- Baked on greased cookie sheet
- Example: pinwheels
- Pressed Cookies
- Rich, stiff dough
- Dough packed into cookie press and pushed through discs into different shapes
- Placed on cookie sheet

- Discs come in a variety of shapes
- Example: Swedish spritz
- Molded Cookies
- Stiff dough
- Small pieces of dough torn off and shaped with hands or fingers
- Shaped placed on cookie sheet
- Examples: Snickerdoodles- crescents and small balls are popular shapes
- Ingredients
- Same basic 7 ingredients
 - Flour- structure
 - Sugar- sweetens, tenderizes
 - Liquid- moisture
 - Fat- flavor, tenderizes
 - Salt- flavor
 - Egg- emulsifier, flavor, liquid
 - Leavening agent- make rise
- Ingredients
- Most have more fat and sugar and less liquid than cakes
 - Rolled cookies sometimes have no liquid
- Proportion of ingredients and way shaped determines if cookies are soft or crisp
- Additional ingredients often used for flavor: chocolate chips, nuts, candies, dried fruits, coconut, sprinkles, etc.
- Mixing Methods
- Conventional mixing method:
 - Sugar and fat blended until smooth (creamed)
 - Do not need creamed as much as cakes because not light and fluffy
 - Eggs, liquid and flavorings added
 - Dry ingredients sifted together, or mixed in separate bowl
 - Dry ingredients added to liquids
 - Stir in extra ingredients (chocolate chips)
- Mixing Methods
- A few cookies (macaroons, kisses) are mixed like angel food and sponge cakes
- A few use biscuit method (shortbread)
- Recipe should tell you which method to use
- Pans
- All cookies, with the exception of bars, are baked on flat pans or cookie sheets
 - High sides on pans will cause uneven baking
- If baked on bright, shiny sheets cookies will be light with delicate brown crusts
- Dark pans cause dark bottoms on cookies
- Cool pans before putting cookie dough on
 - If warm cookies will lose shape and may burn
- 2 pans at a time:
 - do not touch (each other or oven)causes uneven baking and/or burning

- If using 2 racks, rotate for even baking
- Microwaving Cookies
- Square pans of bars cook fairly well
 - Shields available to protect corners
- Small amounts of cookies can be baked at one time in microwave
- Will not be as crisp and may not taste as good from the microwave
- Storage
- Crisp cookies stored in container with loose-fitting lid
 - Need to stay dry to stay crisp
- Soft cookies stored in container with tight-fitting lid
 - Air will dry out
- Do not store crisp and soft together
 - Soft will soften the crisp ones
- Bars need covered tightly
- Storage
- Cookies may be frozen
 - In dough form or already baked
- To freeze cookie dough:
 - wrap in plastic, then foil, label and freeze
 - May shape before freezing
 - Thaw before baking
 - Bar dough can be frozen in baking pan
- To freeze cookies:
 - Use container with tight-fitting lid and label
 - Separate layers with waxed paper
- Freshening Stale Cookies
- Crisp cookies that get soft can get some of the crispness back
 - Place on cookie sheet in oven at 300 degrees
 - Just a few minutes necessary
 - Microwave cookies
- Soft cookies that get hard can be softened
 - Put a piece of bread, slice of apple, or orange section into container with cookies and cover tightly
 - Replace every other day
 - Do not touch to cookies, will make that cookie soggy
- Review
- Complete To Review questions 9 and 10 page 425