NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TA: \_\_\_\_ My Set Block is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cookies**

There are 6 basic types of cookies (drop, slice ‘n’ bake, bar, sheet, cut-out, pressed, rolled/molded and wafer); most use the Standard Cake Method of mixing. In this Guide, you will choose 2 or 3 projects, assess your skills, and critique your development.

**Core Competencies:**

* Choose an idea to pursue: generate ideas and strategies for producing a successful product
* Engage in research
* Identify and use a variety of sources of inspiration and information
* Demonstrate organization and cooperation
* Practice baking techniques and terminology
* Critically evaluate the success of your finished product; determine the learning that has occurred and potential improvements.

**Learning Activities:**

* Watch in-class demos
* Watch 3 YouTube videos in preparation for planning your design challenge. Provide the links to the videos.
* Brainstorm ideas for what you would like to make; discuss with teacher; scale recipe; make a grocery list and submit
* Plan tools and decorations needed prior to class
* Complete reflection sheet, make notes, take pictures and upload to myBlueprint

Resources:

1. Work package notes, self-evaluation, interview notes
2. Recipes
3. A record of online sources researched (urls)

Labs:

1. Drop cookie (chocolate chip or oatmeal)
2. Sugar cookie or Gingerbread cut-outs
3. Slice ‘n’ bake
4. Design challenge

**Assessment:** Questions, Labs, Self-assessment, portfolio (myBlueprint) and interview with teacher.

**RECIPE**

**Oatmeal Cookies**

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| Ingredients | Equipment |
| 125 ml shortening  125 ml brown sugar  1 egg  30 ml buttermilk  125 ml rolled oats  125 ml choc chips or raisins  50 ml sugar  250 ml all-purpose flour  2 ml baking soda  1 ml salt  5 ml vanilla | Cookie Sheet  Measuring cups  Measuring spoons  sm/med bowls  2 spoons or cookie scoop  Wooden spoon  Rubber spatula  Long metal spatula |

**Method:**

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| Oven: 375 ’F |
| 1. Sift and measure the dry ingredients (small bowl)   * 250 ml flour * 2 ml baking soda * 1 ml salt * Optional: 1 ml cinnamon   2. Creamed Ingredients (Med. bowl)   * Cream 125 ml shortening (use a wooden spoon) with125 ml brown sugar and 50 ml white sugar   3. Add and beat in: 1 egg, 5 ml vanilla   1. Beat until completely smooth 2. Stir dry ingredients into creamed mixture, a little at a time, alternating with 30 ml buttermilk.   6. Stir in 125ml rolled oats, 125 ml chocolate chips or raisins.  7. Drop by spoonfuls onto a cookie sheet. Bake. Cool on pan for a few minutes. Finish cooling on rack. |

**Slice & Bake Cookies**

**Chocolate Mint thins OR Chocolate Vanilla Thins**

125ml butter, softened

75ml sugar

½ egg

5ml vanilla

160 grams flour, weighed

15ml unsweetened cocoa powder

2ml Mint extract (optional)

Green Food colouring –use sparingly (optional)

For drizzle: 1ounce dark chocolate, coarsely chopped (optional)

**Instructions:**

1. Combine butter and sugar in a large bowl (or in the bowl of a stand mixer) and use an electric mixer to beat until creamy.
2. Add egg and stir well.
3. Add vanilla or mint extracts depending on your recipe. Beat until well-combined.
4. With mixer on low-speed, gradually add flour until completely combined. Dough may be crumbly, if needed use a spatula to scrape the bottom and sides of the bowl and work the flour into the dough.

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| **STOP**  If making **Chocolate Vanilla**, remove half of the mixture. In one bowl add cocoa powder and continue to step 5.  If making the **Chocolate Mint Thins**, separate the dough in half and place into two separate bowls and add cocoa powder to one of the mixtures and green food coloring to the other. Then continue to step 5. |

1. Transfer each portion of dough onto a sheet of wax paper. Work each portion of dough into a 2" wide log shape then put the two logs side-by-side and re-shape into one log if necessary (watch a video for help).
2. Cover with Saran wrap & transfer to the fridge to chill for at least 2-3 hours.
3. Once dough has chilled, preheat oven to 350F, line a cookie sheet with parchment paper.
4. Remove one cookie dough log from the refrigerator and use a sharp knife to cut into 1/4" slices.
5. Place slices on prepared cookie sheet about 1" apart and bake for 10-12 minutes or until edges are just beginning to turn golden brown.
6. Allow to cool on baking sheet before serving. If desired, dip cooled cookies in chocolate or drizzle with chocolate. Top with sprinkles, if desired.

## Gingerbread Cookies

This recipe makes a softer cookie; if you like them very crispy, make them thin and bake until bottoms are golden brown.

*Cookery techniques:* “cake method”, creaming. Keywords to know: *alternately*, *soft dough*, *creaming*.

**Ingredients:**

**Half Recipe** **Full Recipe**

90ml butter or margarine 175 ml butter or margarine

125ml sugar 250 ml sugar

1egg 2 eggs

50ml molasses 125 ml molasses

5ml vinegar 10ml vinegar

400ml Flour (210 grams-weighed) 480 grams flour (weight)

3ml baking powder 7ml baking powder

5-7 ml ginger 10ml ginger

1ml cinnamon 2ml cinnamon

½ ml cloves 1ml cloves

Sugar, (approx. 30ml) for topping (optional)

1. *Cream* butter or margarine until light and fluffy. Add sugar slowly beating well after each addition.
2. Combine molasses, vinegar and egg. Set aside.
3. Combine flour, baking powder, ginger, cinnamon and cloves. Set aside.
4. Add 1/3 of the dry ingredients to the creamed mixture and beat 10 seconds.
5. Add ½ of the liquid ingredients and beat 10 seconds.
6. Repeat, *alternately* adding another 1/3 of dry ingredients and last portion of liquids.
7. Using a wooden spoon, STIR in the last portion of dry ingredients.
8. Form a ball, wrap in waxed paper and place in a plastic bag; chill for 1 hour.

**Class 2**

1. Preheat oven to 325’F.
2. Roll dough to 3mm thick, cut with cookie cutters; or, roll into 3/4” balls and flatten with a flat glass bottom dipped in sugar.
3. Lightly grease a cookie sheet; bake for 10-12 minutes. Cool on a cooling rack.
4. If desired, decorate when completely cold.

**Sugar Cookies**

125ml margarine at room temperature

125ml icing sugar or brown sugar

½ egg

2ml vanilla

325ml flour

2ml baking powder

Dash salt

1. Cream margarine until light and fluffy. Add sugar slowly and continue to cream until fluffy.
2. Combine egg and vanilla. Set aside.
3. Combine flour, baking powder and salt. Set aside.
4. Add 1/3 of the dry ingredients to the creamed butter/sugar mixture and beat 10 seconds.
5. Add ½ of the liquid ingredients and beat 10 seconds.
6. Repeat, alternately adding 1 more 1/3 of the dry ingredients and the last of the liquids.
7. Stop using the electric mixer.
8. Using a wooden spoon, STIR in the last portion of dry ingredients.
9. Form a ball or log, wrap in waxed paper and place in a plastic bag; label with your name and section colour. Chill for one hour or until next class.

Class 2

1. Preheat oven to 325’F.
2. Log: slice cookie dough with a sharp knife and place on lightly greased cookie sheet. Or, soften dough by pressing it flat with palm of hand, roll dough to 3mm thick, cut with cookie cutters. Last pieces of dough can be formed into 3/4” balls and flattened with a flat surface dipped in sugar or flour, (ex. juice glass).
3. Bake for 8-10 minutes only until the edges start to turn golden. Cool on a cooling rack.
4. If desired, decorate when completely cold.

**Using information from the *On Cooking* textbook, answer the following questions:**

1. What is the standard Cake method? (Briefly outline this method. Include oven temperature and time to bake).

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1. What are the creamed ingredients in cookies?

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1. What are the dry ingredients for most cookies?

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4. At what point in the method do you beat the butter until it is completely

smooth?

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5. How do you know when the cookies are finished baking?

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6. Cookie pans should be placed in the centre of the oven. Why?

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7. What advantage is there of switching racks near the end of the cooking time if you have two pans in the oven?

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8. Parchment paper is expensive. Lightly greasing the pan is an option.

What is the best product to use?

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9. What are the standards of good cookies?

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10. Describe how to appropriately store cookies for best quality.

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**Oral Interview:**

* Upload **photos**, **ideas** and **reflections** to myBlueprint
* Prepare oral interview (5 minute interview).
* Include ideas from the Cookie unit
* Include the **Five C’s** as well as previous learning this year.

**Possible oral Interview questions:**

* What did you like most about this recipe and the preparation?
* Explain your level of satisfaction with your recipe and product.
* What would you do differently next time or how will you challenge yourself next time?
* What did you learn? (Explain in detail).

Which videos/demos did you view? (Record the URL or show us the sites)

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**Resources:** Adapted from:

*Better Homes and Gardens* 2011

*Joy of Cooking* (Gingerbread cookies)

*Canadian Living Magazine*