Let’s Fill the Cookie Jar AGAIN!

4-H Member’s Manual

Name__________________________Age________
Club______________________________________
Advisor__________________________________
The following resources were utilized in the development of this project book

Better Homes & Garden New Cook Book—1972

Cookie Jar Cookbook

The Cookies Book by Culinary Arts Institute, 1964

Cooks.com

Faithful recipes cookbook—1998

LET’S MAKE COOKIES I & II Ottawa county 4-H Food/Nutrition Projects

Let’s Start to Cook by Farm Journal, 1966

Ohio State Grange Cookbook—1996
MEMBER PROJECT GUIDE

Project Background

There is no time limit to complete the project. Members are reminded to check county project guidelines if they choose to exhibit projects at the county fair or take part in county project judging. There is no state fair category for this county project. Members who complete this project are encouraged to take another intermediate level food and nutrition project. See your 4-H advisor for assistance.

You will learn how:
The basic ingredients and types of cookies and their characteristics
Explore more complex recipes and cookie preparation

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PLANNING YOUR PROJECT

Step 1: Interest Areas
Plan to explore all of the Activities listed below and track your progress

<table>
<thead>
<tr>
<th>Learning Activity</th>
<th>Date Started</th>
<th>Date Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Cost of Cookie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#2 A Healthier Option</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#3 Making Adjustments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Filled or Tart Cookies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolled Cookies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pressed Cookies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refrigerator Cookies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5th Batch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6th Batch</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Step 2: Things to Do
Read all information in the project book.

- Complete Activities #1 thru #3
- Make at least 6 total batches of cookies using all four of the varieties outlined in this book at least once. Other recipes maybe used if they match the varieties listed below
  1. Filled or Tart Cookies
  2. Rolled
  3. Pressed
  4. Refrigerator
Planning Your Project (Continued)

Step 3: Learning Experiences

Select two (2) of the Learning Experiences listed below. Circle the experiences you plan to do. Once you have taken part in an activity, record what you did and when. Learning Experiences may be added or changed at any time.

<table>
<thead>
<tr>
<th>Learning Experiences</th>
<th>Clinic</th>
<th>Radio/TV Presentation</th>
<th>County Project Judging</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speech</td>
<td></td>
<td>Demonstration</td>
<td>Tour</td>
</tr>
<tr>
<td>Exhibit</td>
<td></td>
<td>Workshop</td>
<td>Field Trip</td>
</tr>
<tr>
<td>Illustrated Talk</td>
<td></td>
<td>Food Show</td>
<td>Project Meeting</td>
</tr>
</tbody>
</table>

Report of Learning Experiences

<table>
<thead>
<tr>
<th>What You Did</th>
<th>Date Completed</th>
<th>Parents Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Example)</td>
<td>4/10</td>
<td></td>
</tr>
<tr>
<td>Presented demonstration to club</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Planning Your Project (continued)

Step 4: Leadership/Citizenship Activities

Check the activities you wish to do, or plan your own in the space provided. Plan to do at least two (2). Keep track of your progress by dating (month/year) what you complete. Leadership/Citizenship activities may be added or changed at any time.

<table>
<thead>
<tr>
<th>Date Completed (month/year)</th>
<th>Plan To Do</th>
<th>Leadership/Citizenship Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Help an elderly or disabled person with food shopping</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tour a grocery store or restaurant</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Take food you prepared to a neighbor or shut-in</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Help someone clean up the kitchen after a meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Serve a snack at a 4-H club meeting</td>
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<tr>
<td></td>
<td></td>
<td>Teach club members something you learned in your project</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Help other members with their project</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Arrive to have someone speak to your club about jobs in the food and nutrition area such as school cook, fast food restaurant manager or waiter/waitress.</td>
</tr>
</tbody>
</table>

Or, Plan your own activity below.

<table>
<thead>
<tr>
<th>________________________</th>
<th></th>
</tr>
</thead>
</table>

“Leadership is the ability of a single individual through his or her actions to motivate others to higher levels of achievement”

*Buck Rogers*
Learning Activity #1  Cost of a Cookie

Learn about how the cost of a cookie varies when made at home rather than purchased. Complete the areas of the chart to calculate the cost of difference cookies. You will need to visit a grocery store with a bakery to obtain some information.

Quick and Easy PB Cookies

1 Cup Peanut Butter 1 egg
1 Cup Sugar

Beat all Ingredients Together and Roll dough into balls the size of walnuts and place on cookie sheet. Press top with fork tines to flatten slightly. Bake at 350º for 8-10 min. Makes approximately 1 dozen.

5# bag of sugar cost______ (divided by 10) one cup cost____________
18 oz of peanut butter equals 2 cups
1 dozen equals 12

5# of sugar equals 10 cups
18 oz of peanut butter equals 2 cups
1 dozen equals 12

18oz jar of peanut butter cost____(divided by 2) one cup cost_________
1 dozen eggs cost_______ (divded by 12) one egg cost____________

Total______________

Divide your total by 12 for cost of each homemade Cookie

Each Cookie Cost__________

Store bought Peanut Butter Cookies Cost____________

Divided by # of Cookies in Container equals_________________

Which cookie cost less________________
Learning Activity #2 A Healthier Option

Prepare the recipe below and your choice of homemade or purchase chocolate chip cookies and compare them by marking each column with which cookie was “better.”

Healthy Chocolate Chip Cookies

3/4 cup granulated sugar (or equivalent sugar substitute)
3/4 cup light brown sugar
1/2 cup unsalted butter
1/2 cup unsweetened applesauce
1/4 cup egg beaters egg substitute
1 tsp baking soda
1 1/2 cups chocolate chips
1 cup chopped nuts (optional)

Preheat oven to 375

Mix sugars, butter, applesauce until well blended

Add in Vanilla and eggbeaters

Stir in flour, baking soda and salt (dough maybe stiff)

If necessary add approximately 1/3 cup more flour, depending on consistency of batter

Stir in chocolate chips and nuts

Drop dough by rounded tablespoons about 2 inches apart onto ungreased cookie sheet

Bake for 8-10 minutes until cookies start to brown

<table>
<thead>
<tr>
<th>Calories</th>
<th>165</th>
<th>Calories from Fat</th>
<th>76</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>8 g</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4 g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>8 mg</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>88 mg</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23 g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>16 g</td>
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</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
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<tr>
<td>Vitamin A</td>
<td>2%</td>
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</tr>
<tr>
<td>Vitamin C</td>
<td>0 mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>17 mg</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>97 mg</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Taste | Texture | Thickness | Consistency | Fiber | Fat | Calories
--- | --- | --- | --- | --- | --- | ---
Healthy | | | | | | |
Standard | | | | | | |

Which Cookie would you say is Better and Why?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
Learning Activity #3  Making Adjustments for your perfect cookies

Baking cookies to perfection is a fine line. This activity will help determine how to bake your “perfect” cookie.

You will need to prepare one batch of cookie dough (your choice) and Divide it into four portions.

Start with the oven at 325º F
Bake one portion for the lowest amount of time the recipe calls for.
Bake a second portion for the longest time the recipe calls for.

Now increase the temperature of your oven to 375ºF.
Bake your third portion for the lowest amount of time the recipe calls for.
Bake the last portion for the longest time the recipe calls for.

Compare the characteristics of all four batches of cookies in the chart below

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Taste</th>
<th>Texture</th>
<th>Thickness</th>
<th>Consistency</th>
</tr>
</thead>
<tbody>
<tr>
<td>325º F Short Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>325º F Long Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>375º F Short Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>375º F Long Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What did you learn about the baking process?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

What is your “perfect” baking situation?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________


FILLED COOKIES OR TARTS
Filled Cookies or Tarts use a variety of dough ranging from stiff pastry types to a soft spreading, but are named as such because of the addition of an ingredient into a pocket or a depression made in the dough for added texture and flavor.
- Quick Filled Cookies
- Praline Tarts
- Grandmas Jam Thumbprints
- Caramel Filled Chocolate Cookies

ROLLED COOKIES
Rolled cookie dough is typically stiffer than dough used for drop cookies and this consistency is often achieved by chilling the dough. This dough is then rolled out on a floured surface and cookies are formed using some type of cutter. Some varieties will spread or puff up slightly while others will remain unchanged in shape and size.
- Grandma’s Molasses Cookies
- Butter Cookies
- Chocolate Circles
- Cut Out Sugar Cookies

PRESSED COOKIES
Pressed cookies are formed by pressing dough through a press or pastry bag fitted with a decorative tip. A press comes with a variety of disc to make the cookies is assorted shapes. This dough needs to be just the right consistency in order to form through the press.
- Spritz
- Cheese Straws
- Peanut Butter Press Cookies
- Lemon-Cheese Cookies

REFRIGERATOR COOKIES
Refrigerator cookies are from dough that is formed into a roll, chilled in the refrigerator, sliced, and baked.
- Caramel Refrigerator Cookies
- Foundation Cookies
- Date Pinwheels
- Cherry Pecan Cookies
**Filled Cookies or Tart**

### Quickie Filled Cookies

- ¼ cup Margarine, softened
- 1 (8 oz) package of Cream Cheese, softened
- 1 Egg yolk
- 1 box of white Cake Mix
- 1 can Pie filling (any flavor) Cherry is best

Cream margarine and cream cheese with an electric mixer. Blend in egg yolk and vanilla. Add cake mix, 1/3 at a time. The last 1/3 will have to be mixed by hand. Chill dough ½ hour. Roll out dough on floured board and cut dough with round cookie cutter. Place 1 teaspoon pie filing in center. Fold dough in half, sealing edges together. Bake at 375º for 8-10 minutes. Makes 6 to 8 dozen.

### Praline Tartlets

- Pastry for 2 crust pie
- ½ cup Grapenut Cereal
- 3 Eggs, well beaten
- 3 Tablespoons butter, melted
- 1 teaspoon Vanilla
- ½ cup warm Water
- ¾ cup Sugar
- 1 cup Dark Corn Syrup
- 1/8 teaspoon Salt

Roll pastry and cut into 3” circles. Press into small muffin tins.

Combine cereal and water; let stand until water is absorbed. Meanwhile, blend eggs with sugar; add syrup, butter, vanilla and salt. Fold in softened cereal. Pour into tart shells and bake at 350º for approximately 20 minutes. Filling will puff slightly.
Filled Cookies or Tarts

Grandma’s Jam Thumbprints

2/3 c. butter 1/3 c. sugar
2 egg yolks 1 tsp. vanilla
1/2 tsp. salt 1 1/2 c. sifted all-purpose flour
2 slightly beaten egg whites 3/4 c. plus finely chopped walnuts
1/3 c. (4 oz.) Preserves (raspberry, blackberry, strawberry preserves or jam)


Caramel Filled Chocolate Cookies

1 c. butter, softened 1 c. sugar
1 c. firmly packed brown sugar 2 lg. eggs
2 1/4 c. flour 3/4 c. cocoa
1 tsp. baking soda 2 tsp. vanilla extract
1 c. chopped pecans, divided 1 tbsp. sugar
1 (9 oz.) pkg. chewy caramels in milk chocolate

Beat butter at medium speed with an electric mixer until creamy. Gradually add sugars, beating well. Add eggs, beating well. Combine flour, cocoa and soda. Add to butter mixture, mixing well. Stir in vanilla and 1/2 cup chopped pecans. Cover cookie dough and refrigerate 1 hour. Combine remaining 1/2 cup pecans and 1 tablespoon sugar; set aside. Gently press 1 tablespoon cookie dough around each candy, forming a ball. Dip one side of cookie in pecan mixture. Place, pecan side up, 2 inches apart on ungreased cookie sheets. Bake at 375 degrees for 8 minutes. (Cookies will look soft.) Let cool 1 minute on cookie sheets. Remove to wire racks to cool.
Grandma’s Molasses Cookies

4 cups of sifted Flour   1 teaspoon Baking Soda   ½ teaspoon Baking Powder
1 teaspoon Salt   2 teaspoon Ginger   ½ cup of soft Shortening
¾ cup of Sugar   ¼ cup Molasses   ½ Cup Sour Milk or Buttermilk

Sift the measured flour with baking soda, baking powder, salt and ginger into a medium bowl set aside.

Beat the shortening in a large bowl with the electric mixer on medium speed or with a spoon until light and fluffy. Gradually add the sugar and beat until very fluffy.

Stir in a little of the flour mixture, then a little molasses and sour milk. Keep adding the flour and molasses and milk until you have used all of them. Start and end the mixing by adding some of the flour. Mix well.

Divide the dough into four parts. Cover and chill it at least 4 hours or overnight.

When you are ready to bake the cookies start heating the oven to 400º F. Lightly grease a baking sheet with unsalted shortening or salad oil. Roll out ¼ of the dough at a time from the center to the edge to ¼ inch thickness if you want fat, soft cookies, or to 1/8 inch thickness if you want thinner, more crisp cookies. Use a floured cutter to make the cutouts. To avoid stretching the cutouts, use a wide spatula to place them about ½ inch apart on the baking sheet. Bake on the rack in the center of the oven 7 to 10 minutes.

Remove the pan from the oven and take the cookies from the baking sheet with a wide spatula. Spread them on a wire rack to cool. When partly cooled, spread with sugar glaze. Makes about 48 cookies.

SUGAR GLAZE

Put 2 cups sifted powdered sugar and 2 to 3 tablespoons of milk in a medium bowl. Stir until smooth. Spread on top of molasses cookies while they are slightly warm.

Butter Cookies

1 c butter   2 TB orange Juice
1 c sugar   1 tsp vanilla
1 egg   2 1/2 c flour
1 tsp baking powder

Mix all ingredients except flour until fluffy. Gradually stir flour in by hand. Chill 2-3 hours until firm. Preheat oven to 400º F. Roll out half of dough on flour surface to 1/8 to 1/4 in thick. Cut with cutters and place on ungreased cookie sheet. Decorate with colored sugars at this time or leave plain for decorating with icing after baking. Bake 6-10 minutes until edge of cookies are light brown. Remove from sheet and cool on wire rack.
**Rolled Cookies**

**Chocolate Circles Cookies**

1/2 cup of Shortening  
1/4 cup of Milk  
2 teaspoons Baking Powder  
1 Egg beaten  
2 1/2 cups of shifted Flour  
1/2 teaspoon Salt  
1 cup of Sugar  
1/4 cup Milk  
2 1/2 squares (2-1/2 oz) unsweetened Chocolate, melted

Soften shortening, cream well with sugar. Add beaten egg, milk and chocolate, mix well. Stir in sifted dry ingredients. Chill thoroughly. Remove small amount of dough at a time from refrigerator and roll 1/8 inch thick on lightly floured surface. Cut in circles. Bake on greased cookie sheet 10 minutes at 350º F.

Makes 1 dozen 2 inch cookies.

**Cut Out Sugar Cookies**

2 c. sugar  
2 tsp soda  
2 eggs  
1/2 tsp salt  
6 c flour  
1 c margarine  
3 tsp cream of tartar  
1 c. buttermilk  
1 tsp nutmeg  
1 tsp vanilla

Mix wet ingredients. Add dry ingredients and blend until smooth. Chill for at least 2 hours. Roll out on floured surface and use cutter to make cut outs. Bake at 375º for 8-10 minutes. Will not brown. Ice once cool. Makes approximately 6 dozen cookies. Great to freeze.

**Icing**

3 c powdered sugar  
1/4 c milk  
3/4 tsp almond or vanilla flavoring  
1/4 c shortening

Blend until smooth and frost.
Pressed Cookies

Spritz

1 1/2 cups butter or margarine, softened  1 cup granulated sugar
1 egg                                      1 teaspoon vanilla
1/2 teaspoon almond extract               4 cups sifted all-purpose flour
1 teaspoon baking powder

Thoroughly cream butter and sugar.
Add egg, vanilla, and almond extract; beat well.
Sift together flour and baking powder; add gradually to creamed mixture, mixing to
smooth dough.
Do not chill dough.
Force dough through cookie press onto un-greased cookie sheet.
Bake in hot oven (400°F) for 8 minutes; cool.  Makes 6 dozen.

Cheese Straws

1 cup sifted all-purpose flour
1/2 teaspoon baking powder
1 cup grated cheddar cheese (4 oz.)
1/2 cup butter
3 tablespoons cold water

Preheat oven to 375° F.
Sift flour and baking powder into a bowl.
Cut in cheese and butter with pastry blender.
Add water and mix well.
Fill cookie press half full.
Form long straws on ungreased cookie sheet using the star plate.
Bake for 8—10 minutes.
Immediately cut into desired lengths and remove to cooling rack.
**Pressed Cookies**

**Peanut Butter Press Cookies**

1/2 c. creamy peanut butter  
1/4 c. butter, softened  
1/2 c. granulated sugar  
1/2 c. brown sugar, packed  
1 egg  
3/4 c. all-purpose flour  
1 tsp. baking soda

Cream first 4 ingredients; beat in egg. Add flour, soda and a dash of salt; add to cream mixture. Chill 10 minutes. Using half of the dough at a time, force through cookie press on ungreased cookie sheet. If desired; sprinkle with finely chopped nuts. Bake at 400 degrees about 8 minutes.

**Lemon Cheese Press Cookies**

1 c. butter  
1 c. sugar  
1 tbsp. lemon juice  
2 1/2 c. all-purpose flour  
1 (3 oz.) pkg. cream cheese  
1 egg, beaten  
1 tsp. grated lemon rind  
1 tsp. baking powder

Blend butter and cream cheese. Add sugar and cream thoroughly. Add egg, lemon juice, and grated lemon rind; blend well. Measure flour, then blend with baking powder. Add to cream cheese mixture and mix thoroughly. Chill dough for 30 minutes. Heat oven to 375 degrees. Force dough through cookie press onto an ungreased baking sheet. Bake 8-10 minutes or until slightly browned.

Makes about 5 dozen 2-inch cookies
Caramel Refrigerator Cookies

1 cup Shortening (part butter)  2 cups firmly packed Brown Sugar
1 teaspoon Vanilla extract       2 Eggs, well beaten
3 ½ cups sifted Flour           1 teaspoon Baking Soda
½ teaspoon Salt

Cream shortening and sugar together. Add vanilla and eggs and beat until light and fluffy. Combine and shift flour, baking soda and salt together. Blend into creamed mixture. Form into 2 long rolls 2 ½ inch in diameter. Wrap each in waxed paper; chill until firm. Using a thin, sharp knife, cut rolls into ½ inch slices. Bake on ungreased cookie sheets at 400º F for 8 to 10 minutes. Makes about 10 dozen cookies.

Foundation Refrigerator Cookies

½ cup Shortening                  1 cup Sugar
1 teaspoon Lemon extract          1 Egg beaten
1 ¾ cups sifted Flour             1 teaspoon Baking Powder
¼ teaspoon Salt

Cream the shortening, Lemon extract and sugar. Beat in egg. Sift dry ingredients, and mix well. Form in long rolls about 2 inches in diameter, wrap in waxed paper and place in refrigerator until firm. Slice cookies 1/16 inch thick and bake at 375º for 10 minutes. Cookies may be sliced and cooked as needed. Makes 75 cookies.

For Variety, ½ cup of finely chopped nuts may be added.
Refrigerator Cookies

Date Pinwheels

8 oz (1 1/3c) package finely snipped pitted dates
1/3 cup water
1/2c Finely chopped nuts
1/3 cup granulated sugar,
1/3 cup water
1/2 tsp vanilla

In small saucepan combine dates, sugar and water bring to boil. Cook and stir over low heat till thickened, about 4 minutes. Remove from heat; stir in nuts and vanilla. Chill

1/2 cup shortening
1/2 teaspoon baking powder
1/2c Finely chopped nuts
1/2 teaspoon vanilla
1/4 teaspoon baking soda
2 eggs
1/4 teaspoon ground cinnamon
1 cup packed brown sugar
2 1/3 cups all-purpose flour

Cream shortening and sugar; beat in eggs and vanilla.
Combine flour and remaining ingredients; stir into creamed mixture.
Chill dough 30 minutes.
On waxed paper, roll dough to 18x10-inch rectangle. Spread with filling.
Roll rectangle jelly-roll fashion beginning at long side; pinch edges together to seal.
Cut roll in half crosswise. Wrap each roll in waxed paper or clear plastic wrap.
Chill thoroughly.
Carefully cut into 1/4 inch slices. Place on greased cookie sheet.
Bake at 350 till lightly browned, 8 to 10 minutes. Makes 6 dozen.

Cherry Pecan Cookies

1 c. butter
2 tbsp. milk
2 1/2 c. flour
1 c. finely chopped pecans
1 c. sugar
1 tsp. vanilla
1 c. red candied or drained maraschino cherries
1 c. flaked coconut

Beat butter for 30 seconds. Add sugar and beat until fluffy. Add milk and vanilla, beat well. Stir in flour, then cherries and pecans. Shape into 7 inch long rolls.
Roll dough in coconut to coat outside. Wrap in waxed paper.
Chill thoroughly (overnight is best).
Cut into 1/4 inch slices. Place on ungreased cookie sheet and bake 12 minutes (or until golden brown on edges) at 325 degrees.
<table>
<thead>
<tr>
<th>DATE</th>
<th>COOKIE</th>
<th>VARIETY (Drop, Bar, Molded, No-Bake)</th>
<th>COMMENTS</th>
<th>PARENT/ADVISOR INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
</tbody>
</table>
Helpful Hints

**INGREDIENTS:**

- **FLOUR:** Binds ingredients together to form the framework for your cookie; adds protein. Too much flour causes dough to be stiff and cookies to be dry. White and unbleached wheat flour is most often used for cookies.

- **FAT OR SHORTENING:** Makes mixture tender, adds richness and moistness. For most cookie recipes, use shortening, butter or stick margarines. Soft spread margarines should not be used to make cookies.

- **EGGS:** Adds color, flavor, moistness and nutritional value. Helps bind dough together.

- **SUGAR:** A sweetening agent; tenderizes dough, enhances browning and crispness.

- **LEAVENING AGENTS:** Adds lightness and tenderness. When in contact with higher heat, it causes the cookies to gain in size (rise). General leavening agents for cookies include baking powder, baking soda, cream of tartar, etc.

- **LIQUID:** Liquid binds ingredients together for the correct dough consistency. Water, milk and juices, are often used. If the liquid is milk, it helps in the browning of the product and nutritional value.

**MEASURING GUIDELINES**

- **LIQUIDS:** Use a measuring cup with a lip for pouring. Place on a level surface; fill to line marking correct amount. Look at liquid level from the side of cup – not the top.

- **DRY INGREDIENTS (Flour, Sugar, Baking Powder):** Spoon ingredient lightly into correct size dry measuring cup or spoon. Fill to overflowing. Do not pack. Level off with straight edge of knife or spatula.

- **SOLIDS (Peanut butter, shortening):** Use correct size measuring cup or spoon. Pack tightly, press out air bubbles and level off with straight edge of knife or spatula.

- **BROWN SUGAR:** Fill correct measuring cup with sugar and pack down with a spoon. Add more sugar, press and continue until top is level. Sugar should retain its shape when turned out.

- **STICK BUTTER OR MARGARINE:** Follow wrapper measurements. Cut correct amount with knife. Remember, 1 stick = 8 tablespoons = 1/2 cup.

**MIXING TECHNIQUES:**

- **CREAMING:** Beating by hand or mixer until shortening and sugar, are smooth and creamy. Air is incorporated in the mixture in this way.

- **BEATING:** Introduces air into the mixture, distributes the ingredients evenly and makes mixture light and fluffy or smooth. Use a spoon or electric mixer.

- **STIRRING:** Distributes all ingredients evenly. Done lightly by hand in a circular motion only until mixture is combined.

- **SIFTING:** To put dry ingredients such as flour, spices and leavening agents through a screen to combine well.
INGREDIENT STORAGE TIPS:

- Baking powder: Keep dry and sealed up to 18 months or until expiration date.
- Baking soda: Keep dry and closed.
- Store flour in an airtight container to prevent absorption or loss of moisture.
- Vegetable oil and shortening: Store in cool, dark place. Once opened, replace after 1-3 months.
- To keep brown sugar soft, put in an airtight plastic bag or container.
- Store eggs in the carton in which they were purchased in the refrigerator but not in the door.
- Keep butter or margarine wrapped and away from foods with strong odors in the refrigerator.

COOKIE CUES:

- Grease a cookie sheet or pan by dipping a piece of waxed paper or plastic wrap into shortening and rubbing evenly over cookie sheet or pan. Do not use butter or margarine.
- Cookie dough should be placed on a cool cookie sheet; cookies will spread before baking if sheet is too hot.
- When baking cookies, check them at the minimum time given. Under baking will result in a soft, doughy cookie; and over baking in a dry, crispy cookie.
- Remove baked cookies from cookie sheet with a wide spatula immediately unless other instructions are stated in the recipe. Cookies will over bake if left on the hot sheet.
- For bar cookies, set pan on wire rack and let the air circulate around it until partially or completely cool in the pan before cutting.

COOKIE STORAGE TIPS:

- Soft Cookies: Place in a container with a tight lid. If the cookies get a little dry you may want to moisten them by placing a piece of apple in the container. Change the fruit every day.
- Crisp Cookies: Place in container with loose lid. During the humid summer months a tight lid may be preferable.
- Bar Cookies: Leave them in the pan. Cover with appropriate lid or tight fitting piece of foil or plastic wrap.

TO FREEZE COOKIES:

- Freeze baked cookies in rigid freezer containers, freezer bags or foil for up to 12 months. To protect cookies layers, wax paper can be used between them. Thaw in freezer wrap before serving.
I pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
And My Health to better living,
For My Club, My Community,
My Country, and My World.