Let’s Fill the Cookie Jar

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 beginning level food and nutrition project. See your 4-H advisor for assistance.

You will learn how:

To measure and follow recipes  
To follow kitchen safety rules

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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>
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<tbody>
<tr>
<td>#1 Be Safe in the Kitchen</td>
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<tr>
<td>#2 Tools for Cookies!</td>
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<td>#3 Introduction to Measuring</td>
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<td>Drop Cookies</td>
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<td>Bar Cookies</td>
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<td>Molded Cookies</td>
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<tr>
<td>No Bake Cookies</td>
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Step 2: Things to Do:

- Read all information in the project book.
- Complete Activities # 1 thru # 3
- Make at least 4 total batches of cookies using all four of the varieties outlined in this book at least once. Other recipes may be used if they match the varieties listed below:
  1. Drop
  2. Bar
  3. Molded
  4. No Bakes

- Complete the cookie record at the end of the book as you bake your cookies
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.

Learning Experiences

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

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

Date Completed (month/year)  Plan To Do  Leadership/Citizenship Activities

_______________  □  Help an elderly or disabled person with food shopping

_______________  □  Tour a grocery store or restaurant

_______________  □  Take food you prepared to a neighbor or shut-in

_______________  □  Help someone clean up the kitchen after a meal

_______________  □  Serve a snack at a 4-H club meeting

_______________  □  Teach club members something you learned in your project

_______________  □  Help other members with their project

_______________  □  Arrange 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.

Or, Plan your own activity below.

_______________  ________________  __________________________

_______________  □  __________________________

“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 ~ Be Safe in the Kitchen
1. Have a parent or other adult work with you in the kitchen the first few times until they are sure you can do it yourself.
2. Wash your hands and remove jewelry
3. Roll up sleeves and tie hair back. Wear clothes you won’t worry about getting dirty—stains and spatters happen to every cook, or wear an apron to protect clothes
4. Always wipe up spills as soon as they happen so there are no accidents
5. Remember the oven and baking sheets are HOT always use a thick pot holder and pull oven rack out of oven.
   DO NOT REACH INTO THE OVEN

Using the rules above circle the picture from each pair that shows how to be safe in the kitchen

OR

OR

OR

OR
Learning Activity #2 Tools for Cookies!

Label each item’s picture with a name from the list below. Circle the ones you find in your kitchen.

- Dry Measuring Cups
- Liquid Measuring Cup
- Hand Mixer
- Measuring Spoons
- Baking Sheet
- Mixing Bowls
- Hot Pads/Oven Mitt
- 13x9 Baking Pan
- Rubber Scraper
- Spatula
- Cooling Rack
- Rolling Pin
Learning Activity # 3  Introduction to 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, pressing 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.

Now try these tasks and answer the questions to understand why we using measuring tools….

Fill an empty coffee cup with flour then pour it into a 1 cup measuring cups
Are they the same amount? Yes or No
Did it all fit? Yes or No

Fill the coffee cup with water and pour it in a measuring cup with a lip.
Did it all fit? Yes or No
What line did it reach on your measuring cup? _____________

Scoop out some flour with a spoon you usually eat with at dinner. Now pour it into a measuring spoon.
Does it fill the measuring spoon? Yes or No
What size measuring spoon did you use? __________________

MIXING TECHNIQUES:
DROP COOKIES

Named after the way they’re formed on the cookie sheet, the dough for drop cookies is soft, usually mounds when dropped, then flattens slightly during baking. Be sure to allow for some spreading of the dough. To prevent cookies from spreading too much during baking, drop dough onto a cooled cookie sheet, mounding dough slightly.

Chocolate Chip
Oatmeal Raisin
Chocolate Drop
Pineapple Cookies

MOLDED COOKIES

Molded cookies are made from a dough slightly stiffer than that used for drop cookies. Before baking, the dough is shaped or molded by hands into a ball, a rope, a stick, etc. Sometimes a fork, bottom of a glass or cookie stamp is used to flatten the dough before baking. Take care to shape the cookie as directed in the recipe. Molded cookies will not spread much during baking due to the stiff dough.

Snickerdoodles
Quick and Easy Peanut Butter Cookies
Scotch Fan
Russian Tea Cakes
BAR COOKIES

Bar cookies are a favorite because they are quick and easy to prepare. A cross between a cake and a cookie, bar cookies are baked in a pan. As a rule, they are then cooled and cut into bars, squares, or diamonds. The unbaked dough is usually stiff and must be spread or patted into the pan.

Brownies
Lemon Bars
Toffee Bars
Raspberry Bars

NO BAKE COOKIES

What could be easier! You don’t even turn on the oven as their name suggests. These are great cookies to make on a hot summer day. Most no-bake cookies require cooking some of the ingredients on the stove then mixing with dry ingredients. No bake cookies usually do not require flour, eggs or leavening.

Chocolate Peanut Butter No Bakes
Cherry Coconut No Bakes
Quick Macaroons
Haystacks
**Drop Cookies**

### Chocolate Chip Cookies

2 1/4 cups all-purpose flour  
1 teaspoon salt  
3/4 cup granulated sugar  
1 teaspoon vanilla extract  
2 cups (12-oz pkg.) Chocolate Chips  
1 teaspoon baking soda  
1 cup (2 sticks) butter, softened  
3/4 cup packed brown sugar  
2 large eggs  
1 cup chopped nuts (optional)

Preheat oven to 375° F.

Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixing bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

### Pineapple Cookies

2/3 c butter/shortening/margarine  
1 c brown sugar  
1/2 c sugar  
2 eggs  
2 TB lemon juice  
1/2 c chopped nuts (optional)  
1/4 tsp salt  
3 1/2 c flour  
1 tsp baking powder  
1 tsp soda  
2/3 c crushed pineapple (partially drained)  
Maraschino cherries

Preheat oven to 375° F.

Cream shortening, eggs, and sugar in large bowl. Add lemon juice, mix well. Sift dry ingredients together in a small bowl. Alternately add dry mixture and pineapple to creamed ingredients in large bowl. Stir in nuts. Drop from teaspoon onto greased cookies sheet. Top with cherry if desired.

Bake for 15 minutes.
## Oatmeal Raisin Cookies

3/4 cup shortening  
1 egg  
1 tsp. cinnamon  
1 cup flour  
1 cup brown sugar  
1/4 cup water  
3 cups oatmeal  
1/2 tsp. baking soda  
1/2 cup white sugar  
1 t. vanilla  
2/3 cups raisins  
1 tsp. salt

Beat together shortening, sugars, egg, water and vanilla for 1 minute. Sift flour, baking soda, salt and cinnamon. Stir until no streaks remain. Add gradually into the sugar mixture. Stir in oats and raisins. Mix well. Drop by teaspoonfuls onto well greased cookie sheets. Bake at 350°F for 12-15 minutes (depends upon size of cookies).

## Chocolate Drop Cookies

2 cups all-purpose flour  
1 teaspoon baking powder  
8 ounces unsalted butter (2 sticks), softened  
2/3 cup granulated sugar  
1 teaspoon vanilla extract  
1 cups finely chopped walnuts or pecans, optional  
1/2 cup unsweetened cocoa  
1/4 teaspoon salt  
1 cup light brown sugar, firmly packed  
2 large eggs

Sift together the flour, cocoa, baking powder, and salt. Set aside. Cream butter and sugars until light and fluffy. Beat in eggs, one at a time, beating after each addition. Beat in vanilla. On low speed, beat in flour mixture a little at a time, until well blended and smooth. Stir in chopped walnuts.

Drop chocolate cookie dough onto greased baking sheets by rounded tablespoons, about 2 inches apart. Bake at 350° for 12 to 15 minutes, or until set. If desired, sprinkle with a little granulated sugar while they’re hot. Cool on pans on rack for about 5 minutes; transfer cookies to rack to cool completely.

Makes about 4 to 5 dozen chocolate cookies.
**Molded Cookies**

**Snicker Doodles**

- 1 cup of Shortening
- 1 ½ cups Sugar
- 2 Eggs
- 2 ¾ cups of sifted Flour
- ½ teaspoon Salt
- 2 teaspoon Baking Powder

Mix shortening, sugar, and egg until creamy. Sift flour, baking powder and salt together. Add this to the creamed mixture and mix thoroughly. Chill dough – at least 1 hour. Set oven thermostat at 400°F and turn on the oven. Roll dough into balls the size of walnuts and place on waxed paper. Sprinkle or roll balls with a mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place about 2 inches apart on ungreased baking sheet or cookie pan. Bake at 400°F until lightly browned, but still soft. about 8 – 10 minutes. Makes about 4 dozen 2inch cookies

**Quick and Easy PB Cookies**

- 1 Cup Peanut Butter
- 1 egg
- 1 Cup Sugar

Beat all ingredients together. Roll dough into balls the size of walnuts and place on cookie sheet. Press top with fork tines to flatten slightly. Bake at 350°F for 8-10 min. Makes approximately 1 dozen
**Scotch Fans**

1 cup Butter or Margarine  
2 ¼ to 2 ½ cups of sifted all purpose Flour

¾ cups Brown Sugar,  
½ teaspoon Salt

In large bowl, with mixer at medium speed, blend butter with salt. Gradually add brown sugar while beating until smooth and creamy. At low speed gradually add enough flour to form a stiff dough. Divide dough into 4 parts. Chill for at least 24 hours.

Shape each part into a ball. Heat the oven to 300º F. Place 2 balls on ungreased cookie sheet; pat into rounds ¼ inch thick. With tine of fork score edges of each round. Then, with fork tines, prick outline of 12 pie-shaped wedges on each round.

Bake about 30 to 35 minutes, or until light golden brown. Repeat with remaining 2 balls of dough. While cookies are still warm; cut along fork pricks, but not all the way through. Cool; break into wedges. Makes about 4 dozen.

**Russian Tea Cakes**

1 c butter  
1/4 tsp salt  
1 tsp vanilla

2 1/4 cup flour  
1/2 c powdered sugar  
3/4 c walnuts (finely chopped)

**Brownies**

1 c flour 1/2 c chocolate chips
1 tsp soda 3 eggs
1/2 tsp salt 2/3 c oil
2/3 c brown sugar 1 tsp vanilla
2/3 c sugar 1/3c cocoa

Preheat oven 350º F. Mix the dry ingredients and then add wet. Mixing until just blended. Pour into greased 9 in square pan. Bake for 35-40 minutes. When a toothpick pricked in center comes out clean, brownies are done.

**Lemon Bars**

*Crust:*
1 1/2 cups flour 1/2 cup powdered sugar
3/4 cup (1 1/2 sticks) butter, softened

*Filling:*
4 eggs 1 1/2 cups granulated sugar
1/2 cup fresh lemon juice 2 tablespoons flour
2 to 3 teaspoons grated lemon peel

Preheat oven to 350°F. Line a 13x9x2-inch baking pan with parchment paper, extending paper up sides of pan; set aside.
Combine crust ingredients in a large bowl on low speed of an electric mixer until mixture is crumbly. Press mixture evenly into parchment-lined pan.
Bake 20 minutes or until light brown; remove from oven.
Beat together filling ingredients in a medium bowl until well blended; pour mixture evenly over warm baked crust.
Return to oven and continue baking for 15 to 20 minutes longer or until filling is set and bars are brown around the edges. Cool completely on a wire rack. Use edges of parchment lining to lift bars from pan. Place on a cutting board to cool. Sprinkle with additional powdered sugar.
Raspberry Bars

1/2 cup butter or margarine, softened 1 teaspoon lemon juice
1 cup packed brown sugar 2/3 cup raspberry jam
1 1/2 cups all-purpose flour 1/2 teaspoon salt
1/2 teaspoon baking soda 1/2 cups quick-cooking rolled oats

Cream butter and sugar till fluffy.
Stir together flour, salt and soda; stir into creamed mixture.
Add oats and 1/4 cup water; mix till crumbly.
Firmly pat half of the mixture into greased 13 x 9 x 2 inch baking pan.
Stir lemon juice into jam, spread over base.
Sprinkle with remaining crumb mixture.
Bake at 350 degrees for 25 minutes. Cool; Cut into bars.

Toffee Sticks

3/4 cup margarine, softened 2 tablespoons shortening
1/2 cup brown sugar, firmly packed 1 (6 ounce) package butterscotch chips
1 egg yolk 1/4 cup light corn syrup
1 teaspoon vanilla 1 tablespoon water
1/4 teaspoon salt 1/4 teaspoon salt
1 1/2 cup sifted flour Toasted sliced or slivered almonds (for top)

Blend together margarine, brown sugar, egg yolk, vanilla and salt.
Stir in flour.
Spread mixture in greased 9 x 13 x 2 inch pan.
Bake in moderate oven (350 degrees) for 20 minutes or until nicely browned.
Cool slightly in pan or rack.
Combine shortening, butterscotch chips, corn syrup, water and salt in saucepan.
Heat and stir until smooth; spread over top of baked dough.
Sprinkle on almonds. Allow topping to set, then cut in 2 x 1 inch pieces.
**Chocolate Peanut Butter No Bake Cookies**

1/2 c margarine        2 c sugar
1/3 c cocoa            1 tsp vanilla
1/2 c milk             3 cups quick oats (uncooked)
1/2 c peanut butter

In saucepan melt margarine, sugar, cocoa, and milk and bring to a boil. Let boil for one minute. Remove from heat, add vanilla, peanut butter and oatmeal. Stir until firm. Drop by spoonfuls onto waxed paper and allow to cool.

**Cherry Coconut No Bakes**

1 stick butter
1 tsp. vanilla
2 c. powdered sugar
1 (8 oz.) jar maraschino cherry
1 1/2 c. flaked coconut
1 box crushed graham crackers

Drain cherries and rinse in cold water. Pat dry with paper towel. Melt butter in microwave until soft. Mix butter, vanilla, sugar and coconut; roll into small balls. Flatten each ball with your hand, lay a cherry in the middle and wrap the dough mixture around the cherry. Roll in graham cracker crumbs and set them in paper wrappers.
Quick Macaroons

1/3 cup evaporated milk
2 tablespoons butter or margarine
3/4 cup sugar
1/2 teaspoon vanilla
1 cup coconut
1/2 cup coarsely chopped pecans
1 1/2 cups cornflakes

In a large saucepan, combine evaporated milk, butter, and sugar. Cook, stirring constantly, until mixture comes to a full rolling boil. Then lower heat and continue to boil, stirring constantly, for 2 minutes. Remove from heat. Quickly stir in vanilla, coconut, pecans, and cornflakes, making sure all pieces are well coated with milk mixture. Now, using two teaspoons, quickly drop mixture in mounds, onto wax-paper-lined cookie sheet. Refrigerate until firm.

Makes about 12.

From Cookie Jar Cookbook, Good Housekeeping, 1967.

Haystack Cookies

12 oz. pkg. butterscotch chips
12 oz. jar peanut butter
9 oz. can chow mein noodles

Melt chips in a saucepan, add peanut butter and remove from heat. Stir well. Add chow mein noodles. Drop by spoonfuls onto waxed paper and allow to cool.
JUDGE THE QUALITY OF YOUR COOKIE

What went wrong?

DROP COOKIES

* Uneven in shape?
  Maybe the dough wasn’t measured and dropped carefully.
* Cookie edge dark and crusty?
  Probably baked too long. Using a dark baking sheet or one that’s too large for the oven could be the troublemaker.
* Too dry?
  If they are, that’s a sign they baked too long. Or you added too much flour.
* Spread too much, flattened out?
  Did you chill the dough before baking it? Did you drop it on a cool baking sheet? Was the oven temperature correct? Too much liquid or not enough flour?

BAR COOKIES

* Dry and crumbly?
  You probably baked them too long. Did you do the fingertip test, (by touching the top of the cookie, if it springs back it’s done).
* Top is hard and crusty?
  You may have mixed the dough too much.
* Crumbled when cut?
  Because you cut them while still hot.

MOLDED COOKIES

* Oddly shaped instead of round?
  Perhaps you didn’t shape the dough enough or evenly.
* Too brown?
  They baked too long or you used a dark cookie sheet.
* Dry and Crumbly?
  You probably added too much flour or not enough liquid.

NO BAKE COOKIES

* Uneven in shape?
  Maybe the mixture wasn’t measured and dropped carefully.
* Cookie flattened out?
  Maybe you didn’t add enough dry ingredients.
* Crumbly?
  You probably added too much dry ingredients or over cooked the mixture.

From How to Bring Up a Good Cook, a guide to Let’s Start to Cook. Farm Journal, 1966
MY COOKIE RECORD

Record each baking experience you have had as part of this project.

<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>
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Notes about your experience  (optional)

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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.

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.
Helpful Hints (Continued)

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.

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.
4-H Pledge

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.