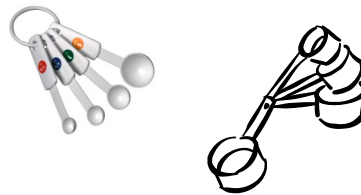


Cooking Basics: Baking Cookies

Measure carefully

Recipes for cakes and cookies are very much like chemical formulas so careful measuring is important when baking.

- Use standard measuring cups and spoons not coffee cups and eating spoons.
- Liquid measuring cups have a pouring lip above the one or two-cup line and are made of glass or clear plastic. Use to measure liquid ingredients like milk, oil, etc.
 - A one-cup liquid measuring cup has lines to mark $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$ and 1 cup. It may have ounces and milliliters on the other side.
 - Set cup on flat surface and bend down so eye is level with amount you need to measure. Looking down on cup will result in an inaccurate measure.
- Dry measuring cups are made of metal or plastic with no rim. A standard set includes 1-cup, $\frac{1}{2}$ -cup, $\frac{1}{3}$ -cup and $\frac{1}{4}$ -cup. Use to measure ingredients like flour, sugar, etc.
 - To measure most dry ingredients, spoon or scoop the ingredient into the measuring cup then level off with the straight edge of a knife or spatula.
 - Flour now comes pre-sifted but can settle during storage; stir it before measuring.
 - White sugar may have lumps; break up before measuring.
 - For brown sugar or shortening, pack into the cup and level. When you turn out the brown sugar, it should hold the cup shape.
- Use measuring spoons for amounts smaller than $\frac{1}{4}$ cup. A standard set includes 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon and $\frac{1}{4}$ teaspoon.
 - Level dry ingredients with a straight edge.
 - Remember measuring math:
 - ◆ 3 teaspoons = 1 tablespoon
 - ◆ 4 tablespoons = $\frac{1}{4}$ cup
 - ◆ 5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup
 - ◆ 16 tablespoons = 1 cup



Baking tips

- Mix cookie dough just until ingredients are combined. Over mixing makes them tough.
- Refrigerate cut-out cookie dough for easier handling; use small amount, put rest back in fridge.
- Use just a small amount of flour on rolling pin and surface to keep dough from sticking. Extra flour makes cookies dry.
- Refrigerator cookies make it easy to bake a few at a time. Form dough into a roll and wrap in waxed paper. Store in refrigerator until ready to slice and bake.
- Bar cookies are the easiest, quickest kind of cookies to make.
- Roll drop cookies in balls for uniform, nicely shaped cookies.
- Cookie sheets have no sides so cookies brown evenly. Substitute the bottom of a 9 x 13-inch pan or jelly roll pan.
- Shiny cookie sheets reflect heat for quicker, more even baking
- Preheat oven unless recipe says otherwise.
- Leave about 2 inches between cookies on cookie sheet so they have room to spread during baking.
- Remove cookies from baking sheet as soon as they come out of oven unless directed otherwise by recipe. Put baked cookies on cake cooling racks to keep them crisp.
- Most cookies and cookie dough freeze well for up to 3 months. Use freezer wrap, bags or containers to prevent undesirable flavor changes.

No Bake Cookies

- 2 cups sugar
- ½ cup low fat milk
- ⅓ cup unsweetened cocoa
- pinch of salt
- ½ cup peanut butter
- 1 teaspoon vanilla
- 2 cups uncooked oatmeal



In a large saucepan, combine sugar, milk, cocoa powder, and salt. Boil constantly for one minute. Remove from heat. Stir in peanut butter, vanilla and oats. Drop by tablespoon onto a plate or cookie sheet. Makes 3 dozen.
Nutrients: 101 calories, 2 g. protein, 18 g. carbs, 2 g. fat

Pumpkin Cookies

- ½ cup brown sugar
- ½ cup white sugar
- ½ cup margarine
- 2 eggs
- 1 cup mashed pumpkin
- 1 ½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ½ cup raisins, optional
- ½ cup chopped nuts, optional



Cream sugars and margarine together; add eggs one at a time. Stir in pumpkin; then add the sifted dry ingredients. Mix well. Add vanilla, raisins, and nuts. Drop by rounded teaspoonfuls onto cookie sheet. Bake at 325° for about 8-10 minutes, until done.
Nutrients: 125 calories, 2 g. protein, 6 g. fat, 17 g. carbs, 281 RE Vit. A

Chocolate No-bake Cookies

- 1 ½ cup sugar
- 6 tablespoons unsweetened cocoa powder
- ½ cup canned evaporated milk
- ¼ cup margarine
- 3 cup quick-cooking rolled oats
- 1 cup shredded coconut (optional)



In a medium saucepan over medium heat, combine all ingredients except oats and coconut. Cook until the mixture comes to a boil. Boil one minute, stirring constantly. Remove the pan from the heat and stir in oats and coconut (if desired). Drop by tablespoons onto waxed paper. Refrigerate until firm and store in an airtight container. Makes 40 cookies.
Nutrients: 70 calories, 1.5 g. fat, 12 g carbohydrate.

Oatmeal Raisin Spice Mix

- 1 cup flour
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup packed brown sugar
- ½ cup white sugar
- ¾ cup raisins
- 2 cups oatmeal*



Mix together flour, cinnamon, nutmeg, baking soda and salt. Set aside. In a one quart wide-mouthed canning jar, layer sugars, raisins and oats in the order given. Firmly pack down each layer. Add flour mixture and seal. Decorate and attach recipe.

*Quick-cooking oatmeal will make a softer cookie. Old fashioned oats produce a crisper cookie.

Recipe to attached to jar

Oatmeal Raisin Spice Cookies

Empty the jar of cookie mix into a large bowl. thoroughly blend the mix. **Add ¾ cup butter or margarine**, softened. Do not use low-fat margarine. Stir in **1 egg**, slightly beaten. Add **1 teaspoon vanilla**. Mix thoroughly. Shape into balls. Place 2 inches apart on greased cookie sheet. Bake at 350° for 11-13 minutes until edges are slightly browned. Cool on baking sheet 3 minutes before removing.
Nutrients: 194 calories, 6 g. protein, 3 g. fiber, 2 g. fat, 39 g. carbs

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