

COOKIEMASTER



low carbon

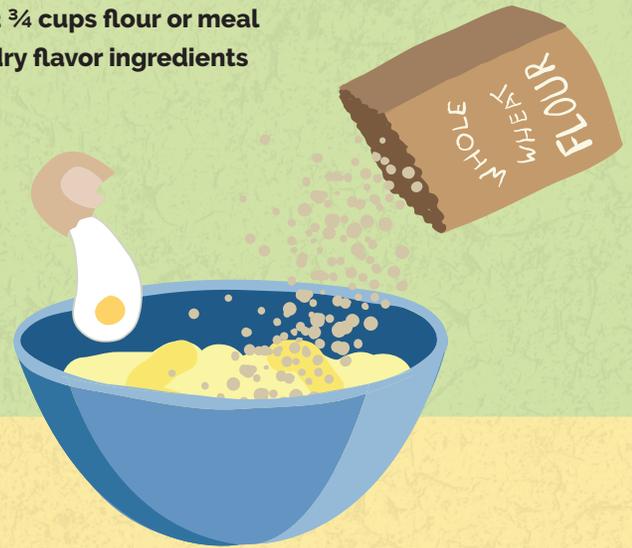
Here's a cookie recipe that can be spun so many ways! Temperatures are critical for cookies. Butter and egg should truly be room temperature and that two-hour-chill is necessary for the finished cookies to be tender and crispy.

- 1 cup of room temperature butter (2 sticks, ½ pound) or other solid fat or oil
- ¾ cup sweetener
- ½ tsp. salt
- 1 tsp vanilla or other liquid flavoring

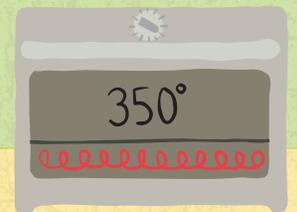
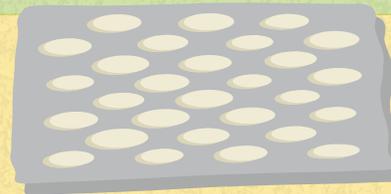
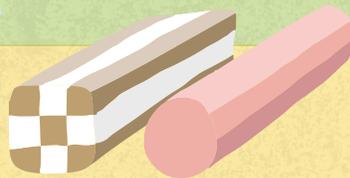


- 1 Using a large spoon, mixer, food processor, or your clean hands, mix the butter until it is creamy. Add the sweetener and salt and mix well.

- 1 room temperature egg
- 2 ¾ cups flour or meal
- dry flavor ingredients



- 2 Add the egg and mix thoroughly. Add the flour little by little, in 3 or 4 parts, and stir just until mixed, to avoid overworking the dough. Add any dry flavor additions to entire batch or to separate portions and stir just until mixed.



- 3 Prep your dough. If it has gotten really soft in your bowl, you might need to chill it for a short time to stiffen it a little before you do one of the following:
- for cookie cutters, roll the dough 1/8" thick between sheets of baking parchment
 - for icebox cookies, shape the dough into a cylinder or square or triangular bar.
 - for cookie bars, press the dough into a 9 x 13" pan, and top with additions.
 - for round or pressed cookies, leave dough in the bowl to scoop out later.

- 4 Preheat the oven to 350° F. Cut or scoop your cookies and arrange them 2" apart on a baking sheet. Line your sheet with baking parchment to speed cleanup. - the same sheet can be reused. Decorate as desired. Bake until firm, about 10 to 14 minutes, longer for bars. Keep track of timing for the first batch to help with subsequent sheets. Let cool a little before removing from sheets with a flipper.

More decorating tips on the flip side!

Cookie dough can be refrigerated for several days or frozen for months. Baked cookies can also be frozen, if for some unlikely reason you don't eat them right away..

INSPIRATION

Cookies can be made with a wonderful variety of ingredients.

1 OILS AND FATS



Fat that's solid at room temp works best
butter
margarine
coconut oil
vegetable shortening

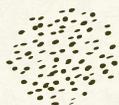
1 SWEETENER



succanat (use 1 cup, grind or crush first)
white or brown sugar
honey (use less and add a little more flour)
maple syrup (add flour)



1 FLAVORINGS



extracts (see note to right)
citrus zest, 1-2 tsp.
ground spice, 1-2 tsp.
powdered tea or coffee - 1 tbsp
dried herbs like thyme, rosemary, 1 tsp.
cocoa, 1/4 cup
melted chocolate, 1 ounce
nut butter, 1/2 cup

2 3 4 ADDITIONS



nuts, chopped
peanuts, pre-toasted
seeds: sesame, sunflower, poppy
crushed candy
dried fruit, chopped
candied fruit, chopped
chocolate, chips or chopped
freeze-dried fruit, crushed or powdered
coconut, flaked
food coloring

2 FLOURS AND MEALS



Wheat flour is standard for cookie dough, but it's fun to try alternatives. Many whole and rolled grains can be powdered in a blender.
white or whole wheat flour
corn meal
oatmeal, whole or pulverized (use with 1/4 wheat flour)
almond meal
chick pea flour
gluten-free mix

1 HEADS UP!

Cookies are delightful and fun to make in **all kinds of flavors**. These days, you can get extracts for just about any flavor, even things like **buffalo chicken wings or blue raspberry**. But even though these are called "**natural flavorings**" they are **not made of the ingredients they emulate** - since the 1980s, it's been legal for companies to call almost any flavor product "natural", including flavors that were previously labeled "imitation." (If you see "imitation flavor" on a label, it's made of petroleum - no kidding!) "Natural flavors" are **synthesized by flavor engineers from separate molecules** extracted from cheaper leaves, roots, yeasts and other substances.

So what? In nature, **flavors indicate specific nutrients**, and studies show that we have evolved to instinctively eat foods that are good for us. **Phony flavors trick and retrain our instincts** so that we no longer respond to the real thing the same way - we are spoiled by the intensity of the fakes. Our bodies are thrown off. It works on livestock, too - when phony flavors are used as a "palatant" in low quality chicken feed made of industrial by products, they will eat it until they are too fat to walk.

So when you see "natural flavorings" on a label, you can be sure they are phony. Stick to traditional extracts like pure vanilla, citrus oils, anise, and almond, which will have only named ingredients.

Check out Mark Schatzker's book *Dorito Effect: the Surprising New Truth about Food and Flavor*.

DESIGNING COOKIES

Basic cookie dough can be shaped and decorated in so many ways!

Cookie cutters: decorate with seeds, nuts or dried or candied fruit before baking or icing after baking.

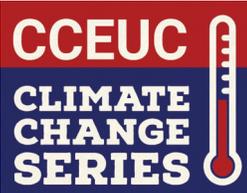
Icebox cookies: make a cylindrical roll or square bar round, roll it in a finely chopped, crumbled or pulverized addition. Refrigerate, then slice.

Icebox cookies: make rolls with arrangements of two or

more colors of dough in stripes, checkerboards, spirals or other patterns, then slice.

Balls, thumbprint cookies: after chilling, dough can be spooned in balls, then rolled in additions and baked as is, or flattened with the bottom of a glass, thumb, or fork tines.

Go easy on commercial food colors, there are natural colors available, or try fruit juice concentrates.



Help us write *Turning the Tables: Cooking to Thrive in the 21st Century*, a cookbook with easy, delicious, earth-friendly meals! Try this recipe and send us feedback and photos. If we use your contributions in the final cookbook, we'll include a personal thank you! *Turning the Tables* is a project of Cornell Cooperative Extension Ulster County, Maria Reidelbach and Stick to Local Studio.

More information and recipes at turningthetablescookbook.com

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