

4-H Fun with Foods

Level I



4-H Food & Nutrition

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4-H Fun with Foods is an update of Food & Nutrition Have Fun with Foods Phase 1
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Lesson 6

Cookies: Molded, Refrigerator & Rolled

In Lesson 4, you learned how to make drop and bar cookies. Now it's time to learn how to make molded, refrigerated and rolled cookies. These cookies take more time to make, but are still fun and easy.

Need to Know:

Before you start:

- ✓ Read the whole recipe.
- ✓ Assemble your ingredients.
- ✓ Measure accurately—never guess.
- ✓ Check oven racks and place them in position before you turn on the oven. If baking one cookie sheet at a time, place the rack so the pan will be in the center of the oven to allow even air circulation.
- ✓ Use a broad spatula or pancake turner to lift the cookies from the cookie sheet onto the wire rack to cool.

Molded Cookies - are made from stiff cookie dough in which the ingredients are mixed and molded into shapes with your hands or with a cookie press. The cookie is placed on a baking sheet and baked.

Refrigerator Cookies - are a stiff dough that needs to be refrigerated before baking. These cookies should be very thin and very crispy - just mix, shape into a roll, refrigerate, slice, place on a baking sheet and bake.

Rolled Cookies - are made from stiff dough that is mixed, sometimes chilled, rolled out, cut into fun shapes with cookie cutter and bake.



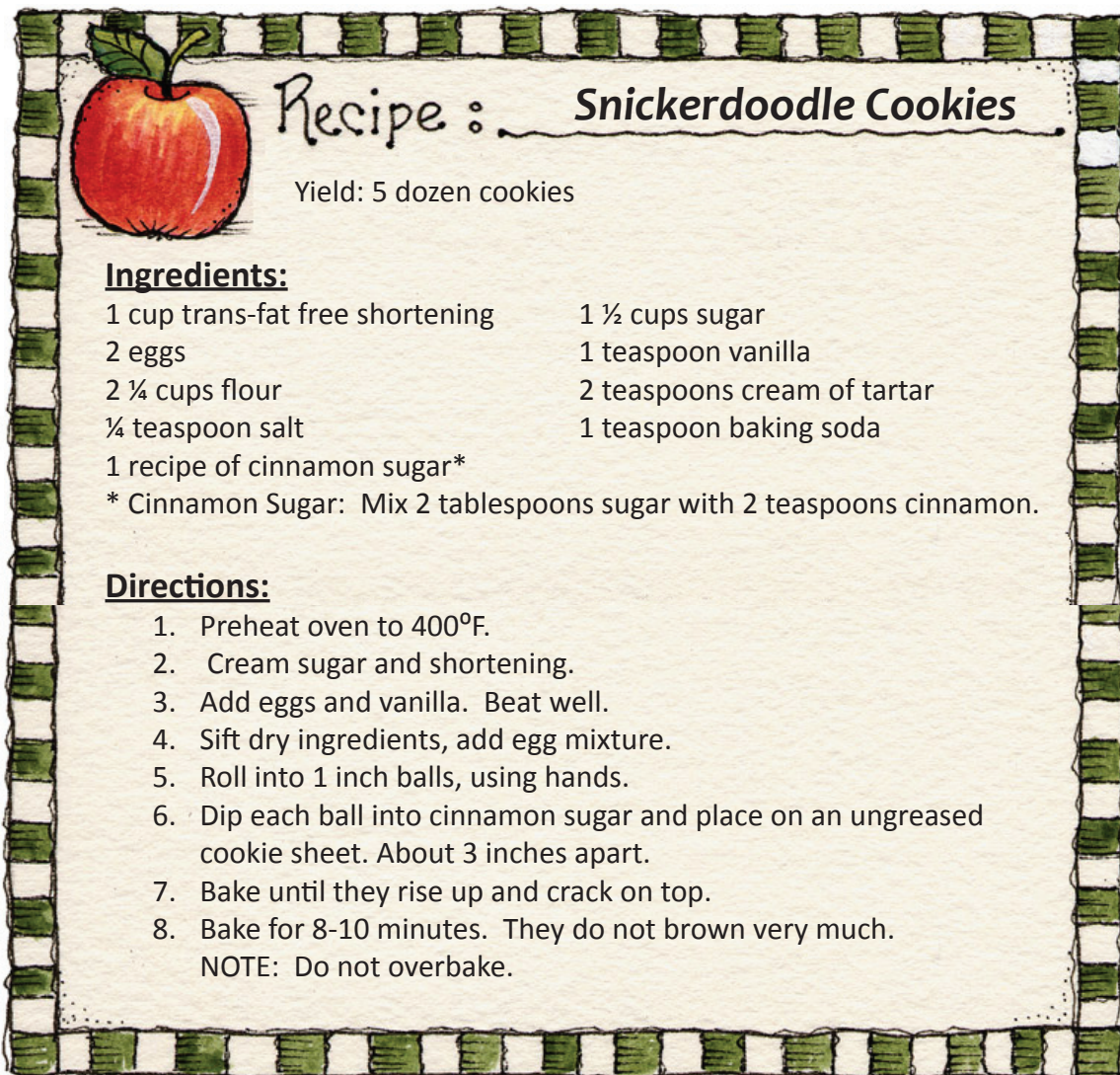
Activity 1: Molded Cookies

Goal:

Learn how to properly prepare and cook molded cookies. Learn how cookies are judged.

Materials Needed:

Test yourself to see if you can list basic materials you will need to make cookies: (check your answers below*)



Recipe : *Snickerdoodle Cookies*

Yield: 5 dozen cookies

Ingredients:

1 cup trans-fat free shortening	1 ½ cups sugar
2 eggs	1 teaspoon vanilla
2 ¼ cups flour	2 teaspoons cream of tartar
¼ teaspoon salt	1 teaspoon baking soda
1 recipe of cinnamon sugar*	

* Cinnamon Sugar: Mix 2 tablespoons sugar with 2 teaspoons cinnamon.

Directions:

1. Preheat oven to 400°F.
2. Cream sugar and shortening.
3. Add eggs and vanilla. Beat well.
4. Sift dry ingredients, add egg mixture.
5. Roll into 1 inch balls, using hands.
6. Dip each ball into cinnamon sugar and place on an ungreased cookie sheet. About 3 inches apart.
7. Bake until they rise up and crack on top.
8. Bake for 8-10 minutes. They do not brown very much.

NOTE: Do not overbake.

Answers*:

Mixing bowl

Cooking sheets

Measuring cups & spoons

Wire cooling rack

Spatula or pancake turner

Electric mixer

Hot pad

Ingredients as listed in selected recipe



Recipe : Peanut Butter Cookies

Yield: 5 dozen cookies

Ingredients:

1 cup brown sugar	1 cup white sugar
1 cup trans-fat free shortening	$\frac{3}{4}$ to 1 cup peanut butter
2 eggs	3 cups flour
1 teaspoon baking soda	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Directions:

1. Preheat oven to 375°F.
2. Mix sugars, cream shortening and peanut butter with sugars. Add the eggs one at a time; mix thoroughly.
3. Sift dry ingredients together and add wet ingredients. Add vanilla, then mix.
4. Shape into balls the size of a large walnut and press out with a fork. Dip the fork into dry sugar to prevent sticking. Place on an ungreased cookie sheet.
5. Bake for 8-10 minutes until very lightly browned.

Judge your Molded Cookies:

Uniform in size with smooth cut edges.

How do your cookies rate?

GOOD QUALITIES	POOR QUALITIES	LIKELY CAUSED BY
Outside Appearance:	Misshaped	Poor molding
Uniform - well shaped	Too brown	Over baking
Color - delicately browned		
Inside Appearance and Texture:		
Crisp - tender		
Eating Quality		
Pleasing - well balanced		

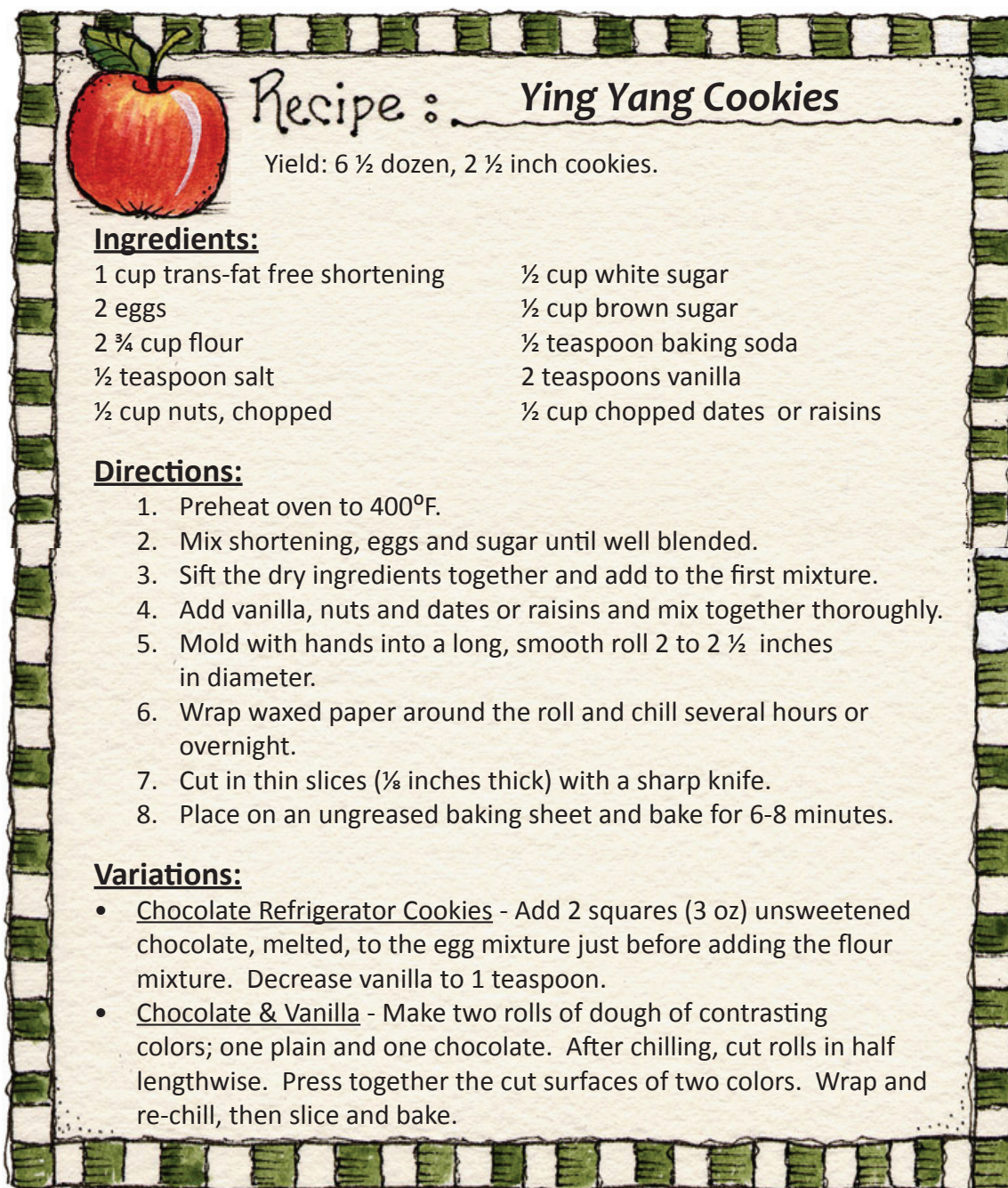
Activity 2: Refrigerator Cookies

Goal:

Learn how to properly prepare and cook refrigerator cookies.

Materials Needed:

Test yourself to see if you can list basic materials you will need to make cookies: (check your answers below*)



Recipe : Ying Yang Cookies

Yield: 6 ½ dozen, 2 ½ inch cookies.

Ingredients:

1 cup trans-fat free shortening	½ cup white sugar
2 eggs	½ cup brown sugar
2 ¾ cup flour	½ teaspoon baking soda
½ teaspoon salt	2 teaspoons vanilla
½ cup nuts, chopped	½ cup chopped dates or raisins

Directions:

1. Preheat oven to 400°F.
2. Mix shortening, eggs and sugar until well blended.
3. Sift the dry ingredients together and add to the first mixture.
4. Add vanilla, nuts and dates or raisins and mix together thoroughly.
5. Mold with hands into a long, smooth roll 2 to 2 ½ inches in diameter.
6. Wrap waxed paper around the roll and chill several hours or overnight.
7. Cut in thin slices (½ inches thick) with a sharp knife.
8. Place on an ungreased baking sheet and bake for 6-8 minutes.

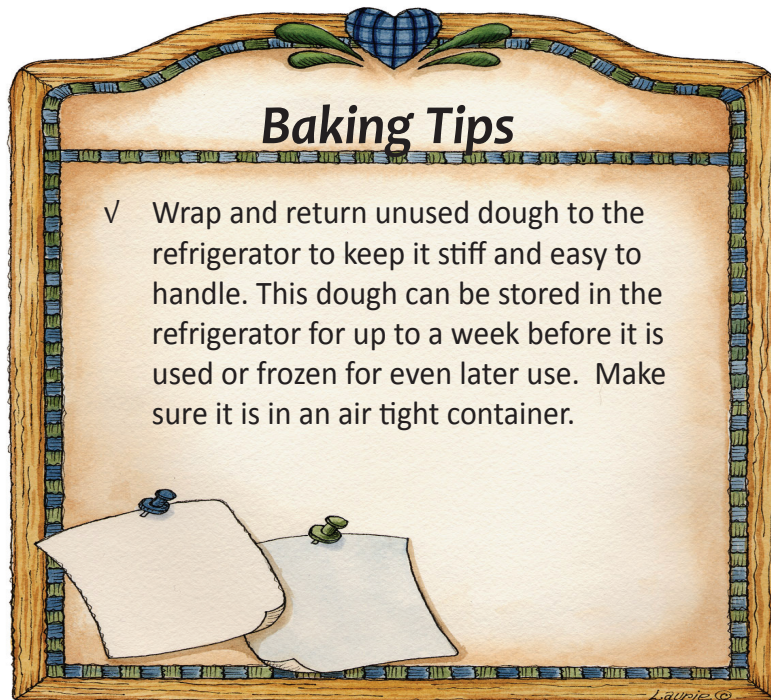
Variations:

- Chocolate Refrigerator Cookies - Add 2 squares (3 oz) unsweetened chocolate, melted, to the egg mixture just before adding the flour mixture. Decrease vanilla to 1 teaspoon.
- Chocolate & Vanilla - Make two rolls of dough of contrasting colors; one plain and one chocolate. After chilling, cut rolls in half lengthwise. Press together the cut surfaces of two colors. Wrap and re-chill, then slice and bake.

Answers*:

- Mixing bowl
- Cooking sheets
- Measuring cups & spoons
- Wire cooling rack
- Wax paper
- Cutting board

- Spatula or pancake turner
- Electric mixer
- Hot pad
- Fork
- Knife
- Ingredients as listed in selected recipe





Recipe : Quick Raisin Filled Cookies

Yield: 4 dozen

Filling:

2 cups ground raisins	1 cup water
$\frac{3}{4}$ cup sugar	1 tablespoon flour
1 cup chopped nuts, optional	1 teaspoon vanilla

Combine all ingredients and boil until blended and thickened, stirring constantly. Cool.

Dough:

2 cups granulated sugar	1 cup brown sugar, well packed
4 eggs	2 tablespoons milk
2 teaspoons vanilla	2 teaspoons soda
1 teaspoon salt	7 cups flour
2 cups trans-fat free shortening	
(½ of the shortening may be replaced with butter or margarine)	

Directions:

1. Cream sugars and shortening; add eggs and beat until fluffy.
2. Sift dry ingredients and add alternately with liquid.
3. Shape into two rolls. Wrap in plastic and freeze for 2 hours or more.
4. Preheat oven to 350°F.
5. When firm, slice $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Arrange slices on ungreased sheet. Place 1 teaspoon raisin mixture on each slice. Cover with second slice.
6. The top slice will bake down over the bottom and seal itself. Bake for 15 minutes or until lightly browned.

Judge your Refrigerated Cookies:

Uniform in size with smooth cut edges.

How do your cookies rate?

GOOD QUALITIES
Outside Appearance:
Uniform - well shaped
Color - delicately browned
Inside Appearance and Texture:
Crisp - tender
Eating Quality
Pleasing - well balanced

POOR QUALITIES	LIKELY CAUSED BY
Misshaped	Poor molding
Too brown	Over baking

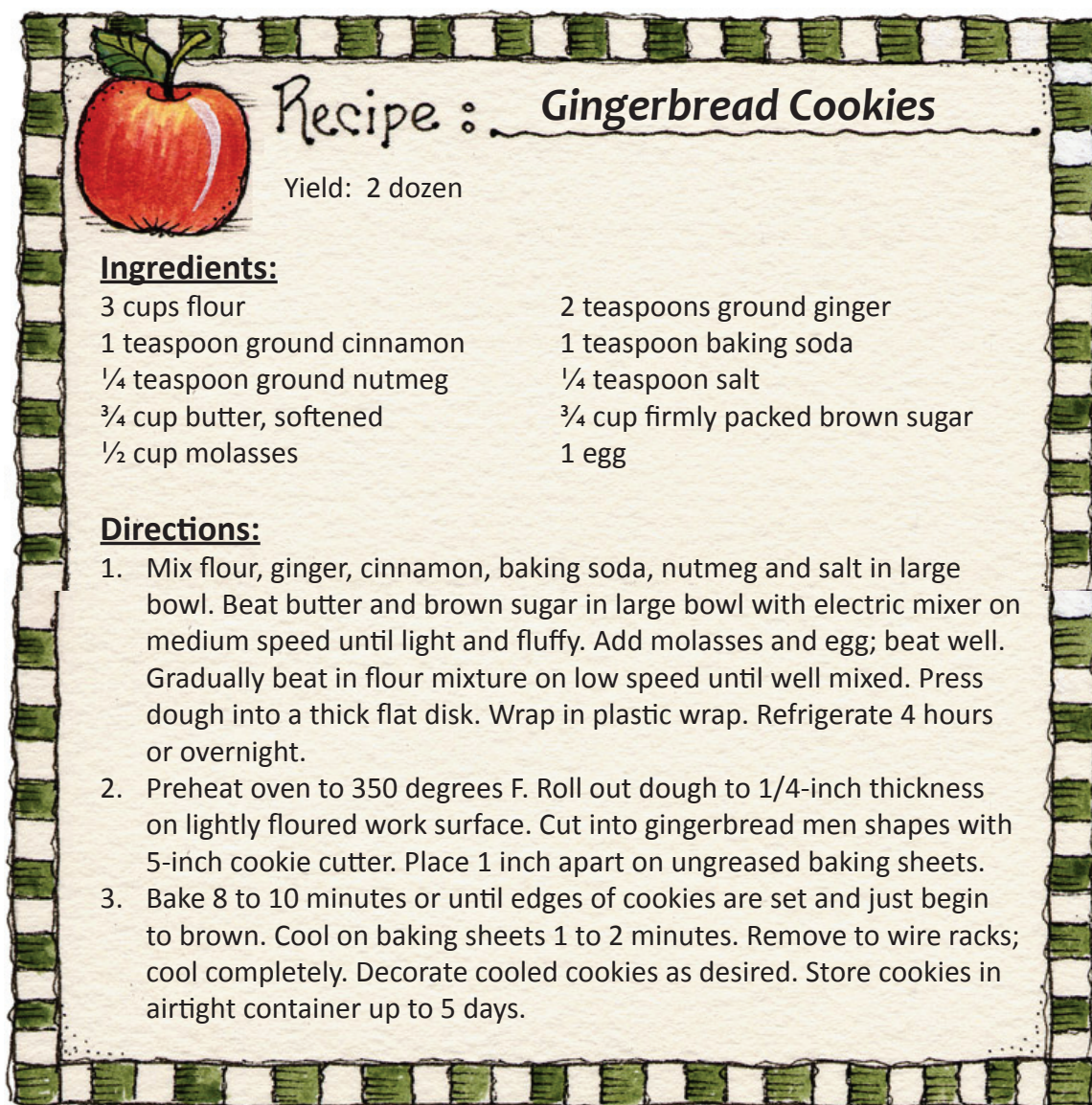
Activity 3: Rolled Cookies


Goal:

Learn how to properly prepare and cook rolled cookies.

Materials Needed:

Test yourself to see if you can list basic materials you will need to make cookies: (check your answers below*)



 Recipe : **Gingerbread Cookies**

Yield: 2 dozen

Ingredients:

3 cups flour	2 teaspoons ground ginger
1 teaspoon ground cinnamon	1 teaspoon baking soda
¼ teaspoon ground nutmeg	¼ teaspoon salt
¾ cup butter, softened	¾ cup firmly packed brown sugar
½ cup molasses	1 egg

Directions:

1. Mix flour, ginger, cinnamon, baking soda, nutmeg and salt in large bowl. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses and egg; beat well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.
2. Preheat oven to 350 degrees F. Roll out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-inch cookie cutter. Place 1 inch apart on ungreased baking sheets.
3. Bake 8 to 10 minutes or until edges of cookies are set and just begin to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks; cool completely. Decorate cooled cookies as desired. Store cookies in airtight container up to 5 days.

Answers*:

Mixing bowl

Cooking sheets

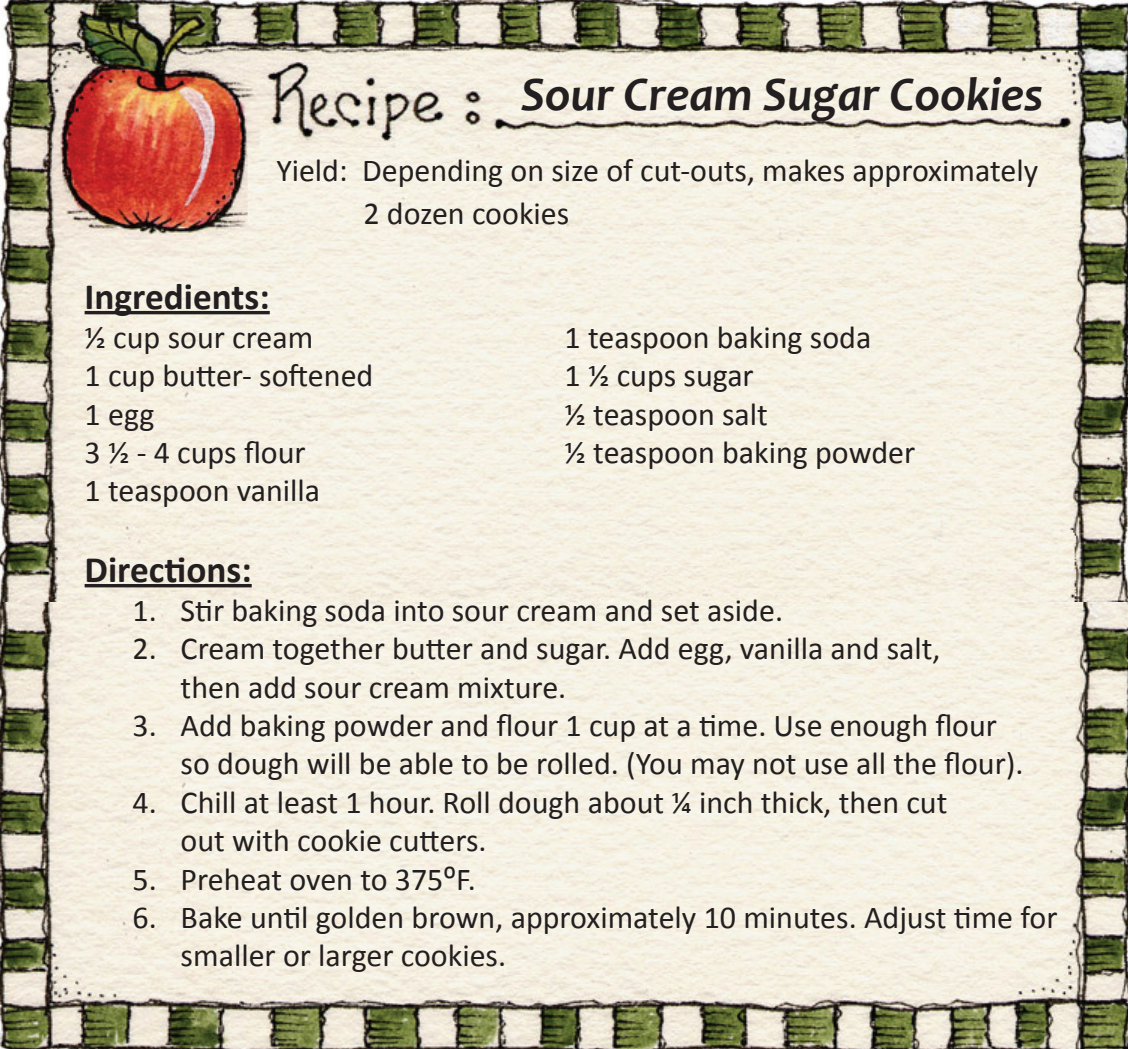
Measuring cups & spoons

Ingredients as listed in selected recipe

Spatula or pancake turner

Electric mixer

Wire cooling rack



Recipe : Sour Cream Sugar Cookies

Yield: Depending on size of cut-outs, makes approximately 2 dozen cookies

Ingredients:

½ cup sour cream	1 teaspoon baking soda
1 cup butter- softened	1 ½ cups sugar
1 egg	½ teaspoon salt
3 ½ - 4 cups flour	½ teaspoon baking powder
1 teaspoon vanilla	

Directions:

1. Stir baking soda into sour cream and set aside.
2. Cream together butter and sugar. Add egg, vanilla and salt, then add sour cream mixture.
3. Add baking powder and flour 1 cup at a time. Use enough flour so dough will be able to be rolled. (You may not use all the flour).
4. Chill at least 1 hour. Roll dough about ¼ inch thick, then cut out with cookie cutters.
5. Preheat oven to 375°F.
6. Bake until golden brown, approximately 10 minutes. Adjust time for smaller or larger cookies.

Judge your Rolled Cookies:

Uniform in size with smooth cut edges. How do your cookies rate?

GOOD QUALITIES	POOR QUALITIES	LIKELY CAUSED BY
Outside Appearance:	Misshaped	Poor rolling
Uniform - well shaped	Too brown	Over baking
Color - delicately browned		
Inside Appearance and Texture:		
Crisp - tender		
Eating Quality		
Pleasing - well balanced		

What have you learned?

- ✓ Compare the Peanut Butter Cookie recipe from this lesson with the Smart & Yummy Cookie recipe from Lesson 3. What differences do you see in the ingredients? Did you notice any difference in the taste of the cookies? Any other observations?
- ✓ What did you learn?
- ✓ What happened that you didn't expect would happen?
- ✓ If you had it to do over again, what would you do differently?
- ✓ Based on your analysis, how could you do even better next time?
- ✓ Share some of your favorite family recipes and what makes them so good.
- ✓ How can you make some of these recipes more nutritious?

Recipe Sources

- ✓ Utah 4-H
- ✓ Wasatch County Extension
- ✓ Summit County Extension
- ✓ Betty Crocker
- ✓ <http://allrecipes.com>

References and Resources:

- ✓ References and Resources
- ✓ Cooking Basics: Baking Cookies
- ✓ Missouri Cooperative Extension:
<https://muextension.missouri.edu/stcharles/celebratenl/2009/nov/cookies.pdf>

LESSON 6: FOR THE RECORD

Cookies: Molded, Refrigerator & Rolled

MEETING

Date _____

Foods I prepared or helped prepare _____

I demonstrated _____

This lesson taught me the following skills _____

Some of the activities I tried _____

Type of Food Prepared	# Times Prepared	To Whom Served	Hours Spent	# Served	Cost