

Let's Fill The Cookie Jar 2



Name: _____

Club Name: _____

Age as of 01/01: _____

Let's Fill the Cookie Jar 2

Acknowledgments

All recipes were tested before they were included in this book.

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Committee member, 1999

Project Review

After completion of this project, you may want to participate in the Food Olympics at the Erie County Fair.

Project Guidelines

- * Complete the Planning Your Project section. (Step 1-4)
- * Within each interest area, make one type of cookie. (Step 1)
 1. **Bar**
 2. **Rolled**
 3. **Filled or Tarts**
- * Choose 3 different types of cookies to make from the following list.
 1. **Pressed**
 2. **Molded or Shaped**
 3. **Diet Cookies**
 4. **Refrigerator**
 5. **No-Bake**
 6. **Deep-Fried**
- * Complete Project Record (Step 2)
- * Take part (or plan to take part) in at least two Project Learning Experiences. (Step 3)
- * Become involved in at least two project Leadership/Citizenship Experiences. (Step 4)
- * Finish at least one activity.
 - **Activity 1: Read Your Mixer Manual**
 - **Activity 2: Search for Recipes, Activity**
 - **Activity 3: Menu Planning**

Judging Requirements

- * Participants must be appropriately dressed, and neatly groomed.
- * All food projects will be brought to judging with an appropriate table setting including a centerpiece and menu(s) for 3 meals. You may also have one snack.
- * One type of cookie that you bring to judging should also be included in one of your meals or your snack.
- * Bring 3 filled cookies, 3 bar cookies and 3 rolled cookies to your judging. Put all 9 cookies on one plate. Make sure you bring the recipes for these cookies.
- * The cookies that you make do not have to be from this book.
- * Be able to explain the purpose of each ingredient.

Planning Your Project

Step 1: Interest Areas

Date Started
(month/year)

Date Finished
(month/year)

Interest Areas

1. Bar Cookies

2. Rolled

3. Filled or Tarts



Step 2: Project Record

Fill out the chart with: name of the cookie you made, what type it was, when you made it, and any other comments you had about the cookie or your cooking experience.

Name of Cookie	Type of Cookie	Date	Notes/Comments
	Bar		
	Rolled		
	Filled or Tart		

Step 3: Learning Experiences

Take part (or plan to take part) in at least 2 of the sample learning experiences listed below.

Sample Learning Experiences:

Clinic	Illustrated Talk	Speech
County Project Judging	Field Trip	Demonstration
Exhibit	Radio/TV Presentation	Tour
Food Olympics	Food Fair	Bake Sale

Report of Learning Experiences

<i>Plan to Take Part In</i>	<i>What I Did</i>	<i>Audience</i>	<i>Date</i>

Step 4: Leadership/Citizenship Activities

Date Completed (month/year)	Plan to do	Leadership/Citizenship Activities
_____	<input type="checkbox"/>	Encourage someone to take a food project.
_____	<input type="checkbox"/>	Help someone with his or her food project.
_____	<input type="checkbox"/>	Take cookies to someone who is sick or unable to cook. (Example: Someone living in a nursing home.)
_____	<input type="checkbox"/>	Invite someone to your club to talk about Food Safety, Nutrition, or Bake Sale Rules.
_____	<input type="checkbox"/>	Bring different types of cookies to a club meeting, and share them during refreshment time.
_____	<input type="checkbox"/>	Make a tray of healthy cookies for someone who is on a special diet. Give them a copy of the recipes you used, so they can make them on their own.
_____	<input type="checkbox"/>	Other: (please specify) _____ _____ _____ _____
_____	<input type="checkbox"/>	Other: (please specify) _____ _____ _____ _____

Read Before You Bake. – Helpful Tips to a Successful Cookie

- Read the recipe FIRST!
 - Make sure you have all of the ingredients the recipe calls for.
 - Gather all of your ingredients, and put them in a handy place, but out of the way from where you are baking.
 - Make sure that your hands, clothes, and counter top are clean before you start.
 - Measure accurately.
 - Prepare cookie sheets and turn on oven before stirring up bar and drop cookies.
-

Activity 1: Read Your Mixer Manual

Read your Mixer's manual to find the answers to the following questions.

(If you cannot locate the manual, ask an adult the following questions.)

1. What number of speeds are on your mixer?

2. What speeds do you use for creaming sugar and shortening?

3. What speed do you use for folding in dry ingredients?

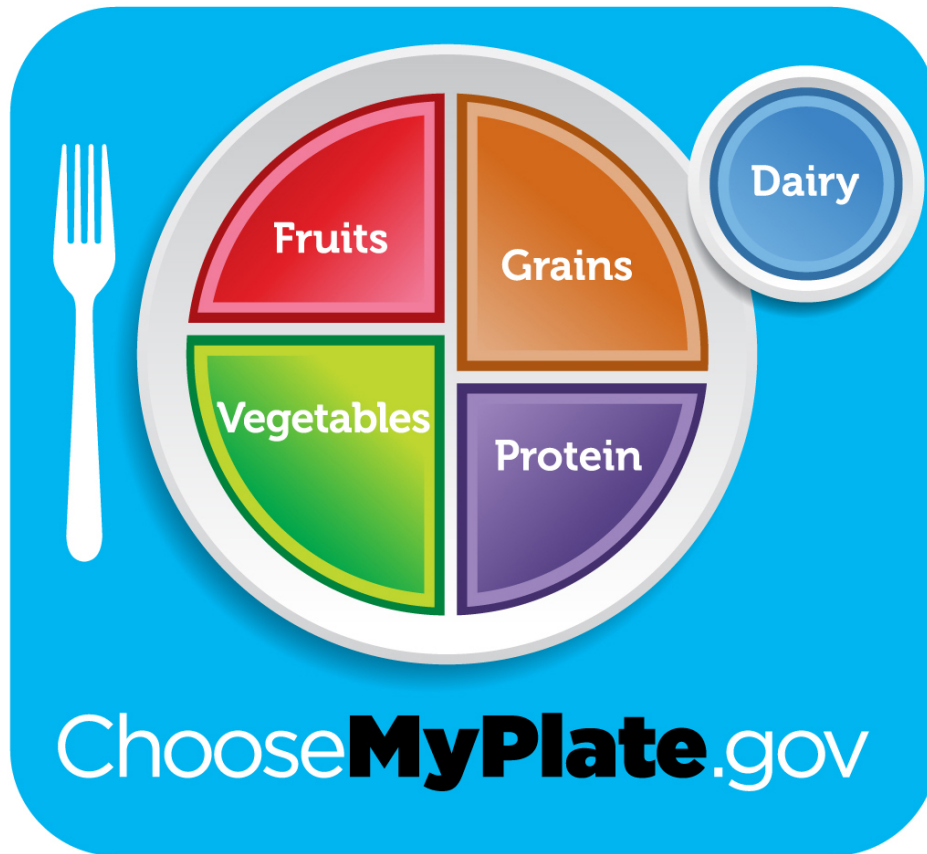
4. What utensils can you use to mix cookie dough, when you do not have an electric mixer?



Activity 2: Search for Recipes

Look through Cookbooks to find examples of bar, filled or tarts and rolled cookies. Then try pressed, molded, diet, refrigerator, no-bake or deep-fried. Also, if you have Internet access, you can search the web for different recipes. You may want to try your recipes instead of the ones in this book.

Activity 3: Menu Planning



Grains	Vegetables	Fruits	Milk	Meat & Beans
Eat 6 oz. per day	Eat 2 ½ cups per day	Eat 2 cups per day	Get 3 cups per day	Eat 5 ½ oz. per day

First, study the MyPyramid on the top of this page.

- This Activity is designed to help you organize your Daily Menu for your Foods project. (Sample activity from the 1999 Ohio State Fair)

The Problem: Tommy’s menu does not have enough servings from all of the food groups for the day.

Solution: Select foods that will give Tommy the number of servings he needs.

Tommy's Menu

Breakfast:	Lunch
1 serving – scrambled eggs	1 serving – hamburger
1 serving – toast	1 serving - bun
1 serving – orange juice	1 serving – baked potato
	1 serving - green beans
	1 serving - soda

Dinner:	Snack:
1 serving – chicken	1 serving – peanut butter cookies
1 serving – rice	1 serving – milk
1 serving – fruit cup	
1 serving - milk	

- 1. How many of each food group did Tommy have?
Write the number of servings in the blanks for each food group.**

Grains (Breads, Cereal, Pasta, & Rice) _____

Vegetables _____

Fruits _____

Meats & Beans (also Fish, Eggs & Nuts) _____

Milk (also Yogurt & Cheese) _____

- 2. Circle the foods below that Tommy could add to his menu to give him the correct number of servings of each food group he needs daily:**

1 serving milk	1 serving carrots	1 serving peanut butter
1 serving cornflakes	1 serving tossed salad	1 serving grapes
1 serving yogurt	1 serving ham	1 serving bread
1 serving orange	1 serving apple juice	1 serving crackers
1 serving cottage cheese	1 serving sausage	

Safety Tips in the Kitchen

- Always close cabinet doors and drawers immediately after placing and removing items.
 - Do not let dough set too long at room temperature. Bacteria such as salmonella, found in eggs, grows very quickly.
 - Wear an apron and tie back your hair.
 - Wash your hands frequently to prevent the spreading of bacteria.
 - Keep sharp knives and other objects out of the way of young children and also in a place, out of the way from where you are baking.
-

Measuring, Different Ingredients

- **Measure Shortening:**

Pack shortening into the cup so there are no air spaces.
Level off the cup with the STRAIGHT edge of a knife.

- **Measure Sugar:**

Fill the cup with sugar and level the top off with the STRAIGHT edge of a knife.

- **Measure Brown Sugar:**

Pack brown sugar into the cup, firmly. When released, the sugar holds its shape.

- **Measure Sifted Flour:**

Sift several cupfuls of flour onto a piece of waxed paper. Pile flour slightly. Take a spoon and scoop the sifted flour into the measuring cup until it is heaping full.
DO NOT PACK OR TAP THE CUP! Level off with the STRAIGHT edge of a knife.

- **Measure Small Amounts of Dry Ingredients with Measuring Spoons:**

Scoop the dry ingredients with a measuring spoon, and level off the top with the STRAIGHT edge of a knife.

- **Measure Liquids:**

Use a clear glass or a plastic cup with a lip, designed for pouring liquids. Fill to the desired mark on the cup. Set the cup on a flat surface. Lower yourself so that you are at eye-level with the fluid. Make sure the liquid is at your desired mark. Liquid flavors are measured with measuring spoons.

*****Do not substitute low-fat margarine or spread for butter, since these products have a high water content.**

Why Certain Ingredients Are Important!

Ingredients

FLOUR: Contributes structure and rigidity. Gives stretch or elasticity. Provides thickening.

SALT: Helps improve taste. Slows rising in yeast products.

FAT OR SHORTENING: Helps tenderize. Adds flavor to product.

EGGS: Contribute to elasticity and structure. Beaten whites incorporate air into batters. Yolks add color and emulsify fats.

SUGAR: Adds sweetness. Increases volume. Helps tenderize product. Aids in browning.

LIQUID: Dissolves dry ingredients. Moistens flour to develop structure. Dissolves leavening agents.

LEAVENING AGENT: Important for structure and lightness. Common leavening agents for cookies are baking powder, soda and cream of tartar.

NUTS: Flavor and variety

FRUIT & VEGETABLES: Adds flavors and variety



Mixing Ingredients

BEAT: To make a mixture smooth by incorporating air with rapid, regular motions using a wire whisk, spoon, hand beater or mixer.

BLEND: To mix two or more ingredients thoroughly.

CREAMING: To mix one or more foods (usually fat and sugar) with a spoon or mixer until soft and smooth.

STIRRING: To mix ingredients with a circular motion.

From: Food and Nutrition Section American Home Economics Association (1993). Handbook of Food Preparation. Dubuque, Iowa: Kendall/Hunt Publishing.

How to use Frozen Cookies

Unbaked Cookies:

Thaw the dough for bar, drop, and molded cookies in the refrigerator until you can handle the dough easily. Then bake the cookie dough as if it had not been frozen.

Baked Cookies

Thaw the baked cookies at room temperature without unwrapping them. This process will take about 15 minutes.

After You Bake....



To Cool Cookies:

Bar Cookies

- Set pan on a wire rack and let the air circulate around it, until partially or completely cool in the pan, before cutting. Some cookies are best when removed from a hot pan, so it is important to check the directions.

Drop, Molded, Refrigerator, and Rolled

- Lift cookies from the baking sheet as soon as you take them from the oven. If they are on the cookie sheet, they will continue to bake.

To Store Cookies:

Soft Cookies

- Place in 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 everyday.

Crisp Cookies

- Place in container with a loose lid.

Bar Cookies

- Leave them in the pan. Cover with appropriate lid or a tight fitting piece of foil.

To Freeze Cookies:

Place cooled cookies on a piece of cardboard that has been covered with wax paper. Freeze them uncovered; then place them in a freezer container that is moisture proof and vapor proof. To protect cookie layers, wax paper can be used between them.

Time to Clean Up



Cleaning up your mess is very important. Cleaning up shows that you are responsible. Also, cleaning will prevent bacteria and germs from spreading.

Wash dishes in warm water with plenty of soap. Make sure all of the counter tops have been cleaned with a wet dish cloth.

Bar Cookies

The bar cookie is probably the most popular cookie, simply because it is very easy to make. Spread the dough on a greased pan, and simply put it in the oven as if you were baking a cake. Then you can cut the cookies into squares or bars. Make sure you use the flour specified in the recipe. **DO NOT SUBSTITUTE.**

Make sure you do these things when making Bar Cookies:

1. Use the pan size the recipe recommends. If your pan is too big, the dough spreads thinner, and overbakes. Your cookies will be tough and dry. If the pan is too small, the dough spreads too thick, and the cookies may not be completely baked.
 2. Mix the dough, the way the recipe directs. Overmixing gives bar cookies hard, crusty tops.
 3. Spread the dough evenly in the pan, using a spatula or a spoon.
 4. Watch your timer. When the time is almost up, test the cookies to see if they are already done.
 5. Cool the cookies in the pan at least 10 minutes before cutting. Cutting the cookies into bars while they are still hot makes them crumble.
-

The following Bar Cookie recipes are in this book:

- **Lemon Squares**
- **Toffee Sticks**

Lemon Squares

Crust Ingredients:

- 2 cups flour
- 1 cup margarine
- ½ cup powdered sugar

Heat oven to 350 degrees F. Mix flour, margarine, and powdered sugar. Put this mixture into a 9" x 13" pan. Press down firmly to make a crust. Bake for 20 min.

Filling Ingredients:

- 4 eggs
- 2 cups sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup lemon juice

Directions

Put all the filling ingredients into a large bowl. Mix them with a mixer. Pour over baked crust and return to the oven for 25 minutes.

Cool and sprinkle with powdered sugar before serving.

From: Mrs. Kirby's Home Ec. Class, McCormick Middle School, 1999

Toffee Sticks

Ingredients

- | | | |
|--------------------------|---|--------------------------------------|
| ¾ cup margarine | 2 | tablespoons shortening |
| ½ cup packed brown sugar | 1 | (6 oz) package of butterscotch chips |
| 1 egg yolk | ¼ | cup light corn syrup |
| 1 teaspoon vanilla | 1 | tablespoon water |
| ¼ teaspoon salt | ¼ | teaspoon salt |
| 1 ½ cups sifted flour | | toasted slivered almonds (for top) |

Directions

Blend together margarine, brown sugar, egg yolk, vanilla, and salt. Stir in flour. Spread mixture in a greased 9x13x2 inch pan. Bake in oven at 350 degrees F, for 20 minutes, or until nicely browned. Cool slightly in pan or rack. Combine shortening, butterscotch pieces, 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 2x1 inch pieces. Makes about 4 dozen.

From: Let's Start to Cook, by Farm Journal, 1966.

Rolled Cookies

Rolled Cookies

Rolled cookies are more difficult than other cookies. The dough is chilled and then it is rolled out before it is cut into fancy shapes. Roll small amounts of dough so it will stay chilled and be easier to handle. You may use two thin strips of wood to help you evenly roll the dough. Wooden rulers work well.

You may use cookie cutters or make your own shapes with a knife. Cut the cookies close together to get more from each rolling. The more you roll the dough the tougher the cookies.

You can decorate rolled cookies in many ways. Icing, sprinkled sugar, and tiny candies are favorite ways to decorate this type of cookie. Before baking, you can put a hole in the top of Christmas cookies to hang on a tree or insert a wooden stick to make a lollipop cookie.

Rolled Cookie Problems:

***Tough?**

You used too much flour in rolling them out. Or you may have rolled them too much.

***Flour showing on top?**

You used too much flour when rolling out the dough.

***Dry**

You used too much flour when you rolled out the dough or you may have rolled the dough too much.

The following Rolled Cookie recipe is in this book:

- **Grandma's Sugar Cookie**



Grandma's Sugar Cookies

Ingredients

- 2 $\frac{3}{4}$ cup sifted flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup softened butter (or margarine)
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon grated lemon peel

Directions

In a medium bowl combine flour, baking powder and salt; set aside. In mixer bowl cream butter and 1 cup sugar until light and fluffy. Beat in eggs, vanilla and lemon peel. Beat in dry ingredients just until combined. Divide dough in half. Wrap tightly and refrigerate 4 hours or overnight.

Preheat oven to 350 degrees F. Grease 2 cookie sheets. On floured surface with floured rolling pin, roll half the dough $\frac{1}{4}$ inch thick. With a floured 2 $\frac{1}{2}$ inch cookie cutter, cut out dough. Transfer to prepared cookie sheets and sprinkle with some sugar. Bake 6-8 minutes, until edges are golden. Cool on wire racks.



Filled Cookies or Tarts

Filled cookies and tarts come in many shapes and types. You start with a sweet dough, similar to rolled cookies. The dough can be cut in circles and filled to make sandwich cookies, rolled in circles and filled for turnovers, or even pressed into small tart tins.

The fillings can be of several types including: jam, cream filling, fruit, nuts, and even chocolate. Each recipe will give you instructions on mixing and forming the dough and the best type of filling.

The following refrigerator cookie recipes are in this project book:

- **Quickie Filled Cookies**

- **Praline Tartlets**

Quickie Filled Cookies

Ingredients

- ¼ cup margarine, softened
- 1 (8 ounce) package of cream cheese, softened
- 1 egg yolk
- ¼ teaspoon vanilla
- 1 package white cake mix (2 layer)
- 1 can pie filling (any flavor, cherry is best)

Directions

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 a round cookie cutter. Place 1 teaspoon pie filling in center of dough circle. Fold dough in half, sealing edges together. Bake at 375 degrees F for 8-10 minutes. Makes 6 to 8 dozen cookies.

Praline Tartlets

Pastry for 2 crust pie

Filling Ingredients:

- ½ cup Grapenut cereal
- ½ cup warm water
- 3 eggs, well beaten
- ¾ cup sugar
- 3 tablespoons butter, melted
- 1 cups dark corn syrup
- 1 teaspoon vanilla
- 1/8 teaspoon salt

Directions

Roll pastry and cut into 3 inch 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 350 degrees F for approximately 20 minutes. Filling will puff slightly.

How many tartlets did you make with this recipe? _____

Notes and Recipes

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

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