

# Cookies 101

COOKIE BAKING TIPS



## Types of Cookies

Cookies come in all shapes and sizes, but there are basically three types of cookies: drop or bar cookies; rolled, molded, or refrigerator cookies; and no-bake cookies.

## Equipment Needed

To make cookies, you may need a few specific tools:

- \*electric mixer
- \*rubber and metal spatulas
- \*mixing bowls
- \*potholders
- \*set of knives or food chopper (for nuts and dried fruits)
- \*cookie cutters or molds
- \*timer
- \*sifter or fine strainer
- \*wooden spoons
- \*measuring tools
- \*baking sheets/pans
- \*wire cooling racks
- \*rolling pin
- \*grater/zester
- \*cookie scoops

## Ingredients

Ingredients needed to make cookies are:

**FLOUR** to provide framework or structure (all-purpose, wheat, almond flour, cornstarch, etc)

**SWEETENER** to give tenderness, flavor, crispness, and browning (granulated sugar, brown sugar, molasses, corn syrup, etc.)

**FAT** to give richness and tenderness (Shortening, Lard, Butter, Oil)

**LEAVENING AGENT** to add rise and lightness, tenderness (Baking Soda, Baking Powder, Yeast)

**EGGS** to add flavor, gold color, moistness, and binding agent

**FLAVORING** to enhance or add flavor (vanilla extract, almond, lemon, maple, etc.)

**EXTRAS** to add flavor (coconut, chocolate chips, nuts, cereal, oatmeal, etc.)

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## Measuring Techniques

- When measuring, be sure to use standard measuring cups and spoons.
- Always level your measurements.
- If possible, sift flour before measuring to ensure accurate measurement. Sift sugar only if it is lumpy.
- Brown sugar should be packed into the measuring cup, as should cocoa powder.
- Pour liquids to the brim of a unit measuring cup or to the marked line in a glass measuring cup, which you read at eye level.
- Shortening should be measured in unit cups and should be pressed down and leveled to eliminate air pockets.

## Baking Tips

- Be sure to read the entire recipe carefully before beginning.
- Gather all ingredients and equipment before you start.
- Use ingredients at room temperature unless otherwise indicated.
- Preheat oven to designated temperature before you start to allow time for the oven to heat up.
- Use required sized pans for the recipe. Most cookies will be baked on baking sheets or bar cookies in an oblong baking pan.
- For ease of clean-up, use parchment paper or silicone baking mats.
- Use small or medium cookie scoops to achieve the same size cookies.

## Storing and Freezing Cookies

When storing bar cookies, leave them in the pan they were baked in and tightly cover with plastic wrap or aluminum foil.

Store soft cookies in a tight-fitting container or freezer bag. Store crisp cookies in a jar with a loose-fitting lid. To restore crispness, heat in 300 degree oven for 5 minutes before serving.

To freeze cookies, place in freezer bag and remove air before sealing. You may freeze cookies up to a month. Thaw before serving.

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