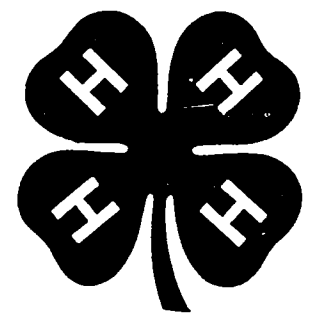


Name _____

Club _____



4-H

BAKE

SHOP



UNIT - 1
Member's Manual
And
Record Book



CONTENTS

PAGE

4-H Pledge	2
Abbreviations & Equivalents	3
Project Requirements	4
An Introduction to the <u>Wonderful World of Cookies</u>	5-6
Cooking Terms	7-8
Utensils you will need	9-11
Measuring up to Good Bakers	12-13
Safety Score Sheet	14
Cook's Check Sheet	15
Types of Cookies	
Cookie Confections (No-Bake Cookies)	16-19
Drop Cookies	20-23
Bar or Square Cookies	24-28
Rolled Cookies	29-34
Molded or Shaped Cookies	35-37
Pressed Cookies	38-42
Refrigerator Cookies	43-45
How to Store Cookies	46
How to Mail Cookies	47-48
Judging Cookies	49
My 4-H Bake Shop Record	50-53
Certificate of Completion	54
Bibliography	55

Basic 4

I Pledge

My head to clearer thinking
My heart to greater loyalty
My hands to larger service
My health to better living
For my club, my community,
my country and my world.

Motto:

“To Make The Best Better”

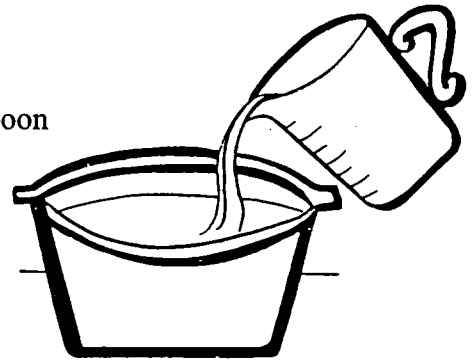
MEASURING ABBREVIATIONS

Tsp. or t.	=	teaspoon
Tbsp. or T.	=	tablespoon
c. or C	=	cup
pt.	=	pint
qt.	=	quart
lb.	=	pound
oz.	=	ounce



MEASURING EQUIVALENTS

3 teaspoons	=	1 tablespoon
4 tablespoons	=	1/4 cup
16 tablespoons	=	1 cup
2 cups	=	1 pint
2 pints	=	1 quart
4 cups	=	1 quart
1 square chocolate	=	1 ounce
1/2 cup shortening	=	1/4 pound or 1 stick
1 cup shortening	=	1/2 pound or 2 sticks
2 cups shortening	=	1 pound or 4 sticks
1 pound flour	=	4 cups
1 pound sugar	=	4 cups



ADDITIONAL ACTIVITIES - JUST FOR FUN

- Learn the metric system of measuring ingredients and compare it with our present system of cups, ounces, quarts, teaspoons, tablespoons, etc.
- Do a demonstration on the metric system
- Bake some cookies using the metric system. You might have to check out a foreign cookbook from the library to find recipes. The Food Section of the Wednesday "Hollywood SunTattler" newspaper always has an article on cooking with metrics.

PROJECT REQUIREMENTS

To complete this project you must:

- Make cookie confections at least twice, using two different recipes.
- Bake bars or squares, dropped, rolled, shaped or molded, pressed and refrigerated cookies at least twice, using two different recipes for each type.
- Give a club or county demonstration on one aspect of cookie baking
- Bake and enter cookies in a fair or other contest.
- Bake cookies for a club or county 4-H program or fundraising.
- Bake and mail cookies to a friend.

AN INTRODUCTION TO THE WONDERFUL WORLD OF COOKIES

No one can resist golden brown cookies, warm and fragrant from the oven and in this project you will learn how to bake many different cookies that are sure to please your cookie loving family and friends.

Cookies are small, sweet, flat, or slightly raised cakes. No one knows where cookies originated, but we do know that their name comes from the Dutch word "koekje" which means "little cake". Cookies are made from the same basic ingredients used in cakes, but they are formed by different methods into assorted attractive shapes. It is believed that the first cookies were really tiny test cakes baked to make sure that the oven temperature and the consistency and flavor of the cake batter were just right for baking.

Some of the first known cookie bakers were the pagans of northern Europe. They imprinted small pieces of dough with animal shapes which had been carved into wooden blocks or molds. These baked tokens were used in pagan holiday celebrations. From these crude beginnings came the beautiful molded and pressed cookies such as springerle and spritz which are popular today as Christmas cookies.

Cookies are enjoyed in almost every country in the world and many cookies have a distinctive national character. The cookies of Spain are thin and spicy. French cookies are dainty and fancy. German cookies may be thin and dainty or large and hearty with plenty of fruits and nuts. In Scandinavia, the cookies are rich and buttery and specially shaped. In England, cookies are called biscuits and are usually thin, wafer tea biscuits and not as sweet as those from most countries. The Italians also prefer less sweet cookies and often use anise (licorice) as a flavoring.

When our forefathers came to America from the Old World, they brought along their treasured cookie recipes. It wasn't long, however, before the new environment and some ingenious uses of local ingredients produced new varieties of cookies.

Early cookbooks may have called for butter in their cookie recipes, but the frontier housewife often only had lard, suet, or even bear fat to use as shortening. She improvised by flavoring her cookies with spices and sweetening them with honey or molasses. Her family happily munched the results of her efforts, so that keeping the cookie jar filled was as difficult for her as it is for the modern homemaker.

Throughout the years American homemakers have contributed much to the international cookie jar. New England bakers provided snicker-doodles, tangle breeches, and other home-style goodies whose remarkable names were seemingly bestowed just because they were fun to say. Chocolate Chip Cookies are a classic example of an American cookie invention. They were

developed by a Massachusetts home economist who cut up chocolate and added it to her cookie dough when she discovered she was out of raisins.

The cookies caught on at once and skyrocketed to popularity across the country. More recently, brownies and sliced refrigerator cookies came into being. Today the homemaker may also choose to do her baking from a wide assortment of mixes and ready-to-bake frozen or refrigerated cookies and dough.

Cookies are favorite treats with which to end a meal or to nibble in-between meals. They come in all shapes, sizes, and flavor combinations; however, they are usually classified according to the way in which the dough is shaped. The six classifications are:

1 - Bars and Squares

2 - Drop Cookies

3 - Rolled Cookies

4 - Pressed Cookies

5 - Molded or Shaped Cookies

6 - Refrigerator Cookies

Their food value is primarily to provide calories for energy, however they also provide B-vitamins, iron, and some protein if made with enriched flour.

“The British call it, biscuit
And it’s koekje to the Dutch
But no matter what you call it
All cookies please us much”.

- old, anonymous American jingle

HOW DID YOU DO?

Did you learn:

Where we get the word “cookie”?

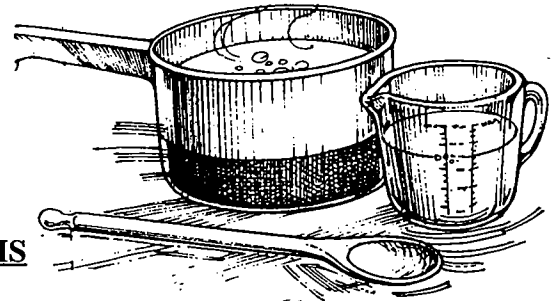
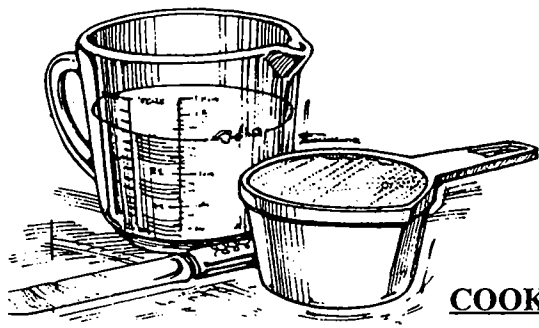
Types of cookies which are popular in other countries?

Some of the cookies which originated in America?

The six basic types of cookies?

EXTRA ACTIVITIES - JUST FOR FUN

- Find out which country or countries your family came from and do some research to find out what types of cookies are popular there.
- Begin a collection of your family’s favorite cookie recipes and/or international cookie recipes.



COOKING TERMS

Before you can learn to bake, there are certain cooking terms that you will need to know in order to be able to follow a recipe.

BAKE - to cook in the oven.

BEAT - to make mixture smooth by mixing fast with a spoon or beater.

BLEND - to mix the ingredients until smooth and uniform.

BOIL - to heat a liquid until bubbles keep rising and breaking on the surface.

CHILL - to place in the refrigerator to lower the temperature.

COMBINE - to mix ingredients.

COOL - to allow to come to room temperature.

CREAM - to beat until smooth, soft, and fluffy.

CUT-IN - to mix shortening with dry ingredients, using a pastry blender or two knives.

DICE - to cut food into small cubes of the same size and shape.

DOT - to drop bits of butter here and there, such as on top of a bar cookie.

DROP - to push a rounded spoonful of dough off of a spoon (usually a teaspoon).

FLOUR - to coat with flour.

FOLD - to mix ingredients gently with a rubber spatula, whisk, or spoon. Cut down thru the mixture, go across the bottom of bowl, then up and over, close to the surface of the mixture.

GARNISH - to decorate a finished food with another colorful food to make it look pretty, such as garnishing frosted cookies with candy sprinkles.

GRATE - to rub food on a grater to break it up into tiny pieces.

GREASE - to spread the bottom and sides of a pan with shortening to prevent food from sticking.

MIX - to stir ingredients together.

MELT - to make liquid by heating.

PARE OR PEEL - to remove the outer skin.

PIT - to take out the seeds.

REFRIGERATE - to place in the refrigerator.

ROLL OUT - to flatten and spread with a rolling pin.

SCALD - to heat milk just below the boiling point. Tiny bubbles will form around the edge.

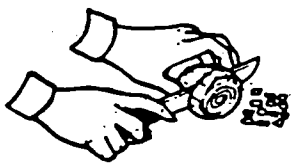
SHRED - to cut into thin strips using a shredder.

SIFT - to put dry ingredients through a sifter or sieve.

STIR - to mix with a circular or figure-8 motion with a spoon or fork.

TOSS - to mix foods lightly.

WELL - a hole made in dry ingredients into which liquid is poured.



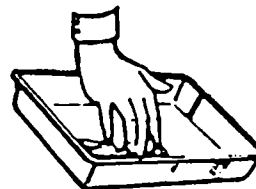
CHOP



CUT IN



ROLL OUT



GREASE



ROLL OUT

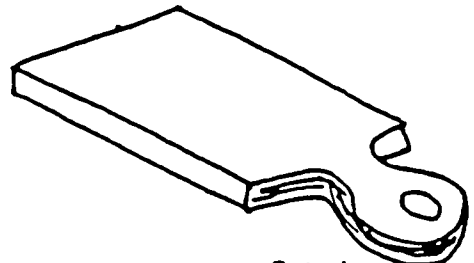


STIR

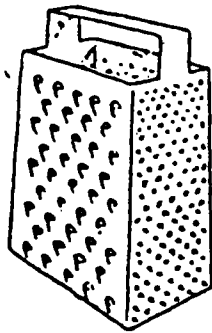
Utensils You Should Have



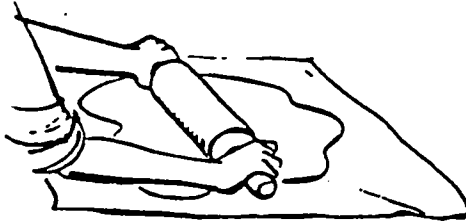
Sieve



Cutting Board



Grater

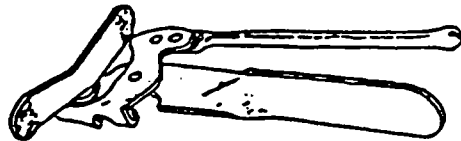


Covered Rolling Pin & Board

For Preparation



Timer



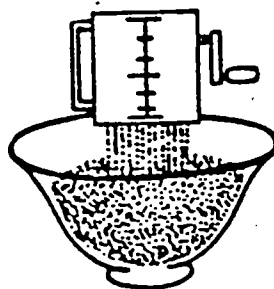
Can Opener



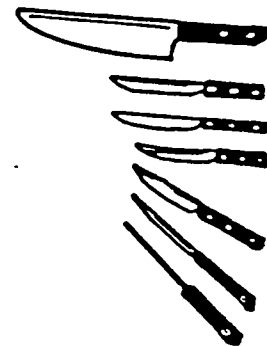
Cookie Cutter



Fruit Juicer



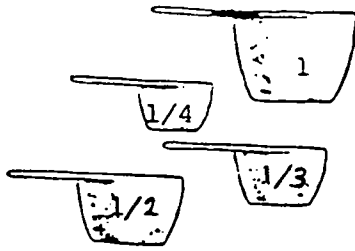
Sifter



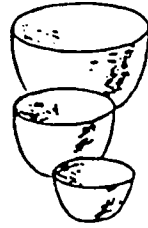
Knives



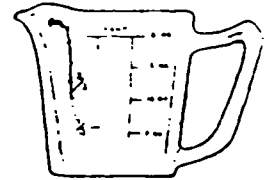
Ruler



Dry Measuring Cups

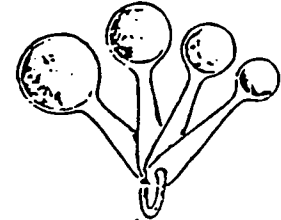


Custard Cups



Liquid Measuring Cup

For Measuring



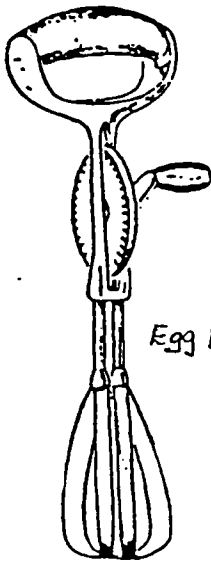
Measuring Spoons
(1/4, 1/2, 1 tsp, 1 tbs.)



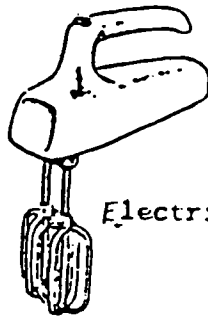
Rubber Scraper



Metal Spatula or Table Knife



Egg Beater

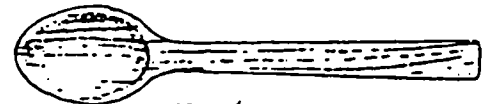


Electric Mixer



Rubber Scraper

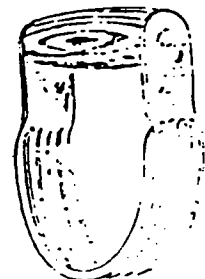
For Mixing



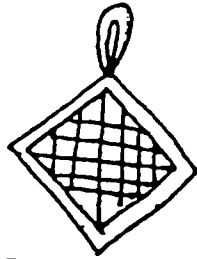
Wooden Spoon



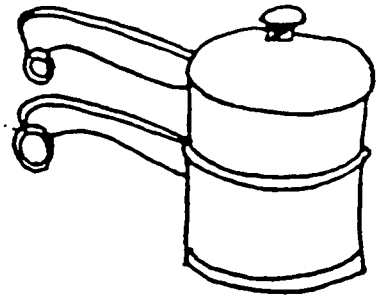
Mixing Bowls



Pastry Blender

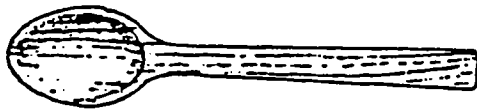


Pot Holders

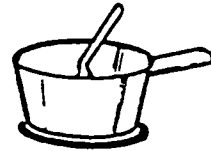


Double Boiler

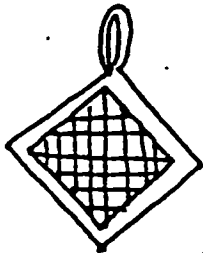
For Top-of-Range Cooking



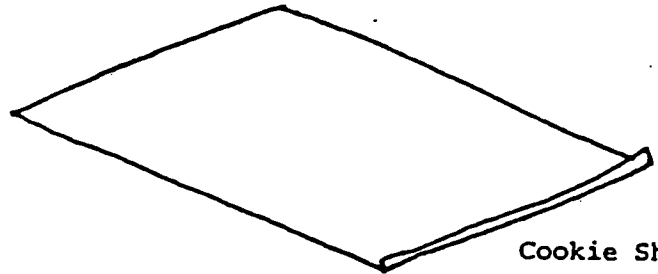
Wooden Spoon



Sauce Pan

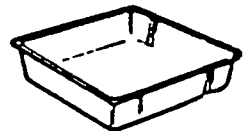


Pot Holders

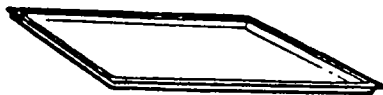


Cookie Sheet

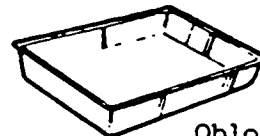
For Baking



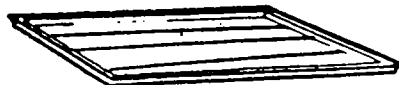
Square Baking Pans
(8X8X2 and 9X9X2)



Jelly Roll Pan (15½ X 10½ X 1)



Oblong Baking Pans
(13 X 9 X 2)



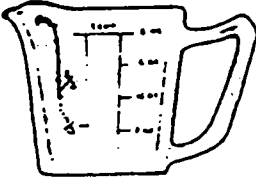
Wire Cooking Rack



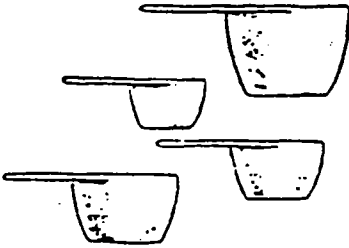
Pancake Turner

MEASURING UP TO GOOD BAKERS

Successful baking adventures depend on correct measuring. It pays to be accurate. Always use special measuring spoons and cups - not the kind you use when you eat.



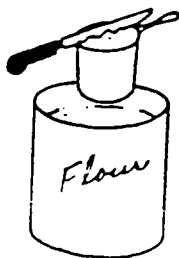
LIQUIDS - Liquids should be measured in a glass or plastic see-thru measuring cup with a lip. To measure, place the cup on the counter; pour in liquid while bending down to check the correct amount at eye level. When measuring honey or molasses first grease the cup lightly. The honey or molasses will then pour right out.



SHORTENING AND PEANUT BUTTER - Use a measuring cup or spoon that holds the amount the recipe calls for. Pack shortening or peanut butter firmly, leaving no air bubbles. Level off the ingredient with a straight edge of the knife or metal spatula. Use a rubber spatula to remove out of the cup.



BUTTER OR MARGARINE - Butter and margarine usually come wrapped in paper with the measurements marked on it. Use a knife to cut off the amount needed.

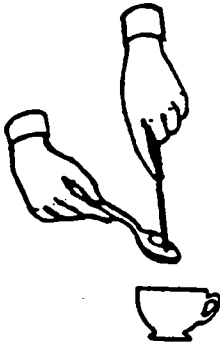


FLOUR - Dip from canister with dry measuring cup. Level with a metal spatula or the back of a knife. If the recipe calls for sifted flour, carefully spoon sifted flour into cup until overflowing; then level.



SUGAR - Measure like flour. If lumpy, sift powdered sugar before measuring. Brown sugar is packed into a dry measuring cup, then leveled. It should be packed hard enough that it retains its shape when poured out.

BAKING POWDER - Dip and fill measuring spoon. Level with a metal spatula or knife. Measure baking soda, salt, cream of tartar, and spices in same way.



VANILLA AND OTHER EXTRACTS - Pour into measuring spoon held over custard cup or small bowl to catch any overflow.

NUTS AND FRUITS - Pack chopped nuts, shredded coconut, raisins, candied fruits, etc. lightly into a dry measuring cup until level.



EGGS - Crack eggs one at a time into a custard cup or small bowl before adding to the rest of the ingredients. This prevents egg shells from getting into the batter.



SAFETY

SCORE SHEET

- ALWAYS** wash your hands with soap and water before you start to cook and tie your hair if it's long.
- BEFORE** you use a sharp knife, can opener, oven, or electric mixer, be sure someone older is in the kitchen to help you.
- TURN** the handles of saucepans on the range away from you so they don't catch on anything and tip over (and be sure they are not over another burner).
- DRY** your hands after washing them to avoid slippery fingers and shocks from electrical outlets.
- WIPE** up any spills right away to avoid slippery floors.
- USE** thick, dry potholders to avoid burns.
- ALWAYS** turn the sharp edge of a knife or vegetable parer away from you and your hand when you chop or pare foods.
- USE** sharp knives, not dull ones.
- TURN** off the mixer before you scrape the sides of the bowl so the scraper won't be caught in the blades. Also, be sure to turn it off before lifting up the beaters to avoid splashing batter all over the kitchen.
- NEVER** disconnect an appliance by pulling the cord. Pull the plug instead.
- NEVER** drop knives into dish water to soak. You might forget they are there and cut yourself when you stick your hands in. Be careful of the blade when washing.
- MAKE** sure you turn off the oven and range when you are finished.

COOK'S CHECK LIST

- ALWAYS** check with your mom before using the kitchen.
- WEAR** a clean apron.
- READ** the recipe all the way through before beginning.
- GET** out all of the ingredients and utensils you will need and place them on a tray. Add ingredients in the order listed.
- CLEAN** up as you go along. As you use a utensil (except knives) drop it into warm, soapy water to soak.
- RINSE** dishes that have had egg or milk in them in cold water first, then in warm water.
- FINISH** washing and drying utensils and put them away.
- WIPE** off counters and range surface. Leave kitchen neat and clean.

COOKIE CONFECTIONS

Cookie confections are the easiest of all cookies to make. You don't bake them. So, get out a saucepan, stirring spoon, and your measuring equipment and stir up a batch of cookies in a jiffy. We predict that you'll have beginner's luck with them - that means good luck:

TIPS FOR MAKING COOKIE CONFECTIONS:

1. When using a saucepan or skillet always turn the handle to the back of the range this prevents someone from accidentally knocking it off as they walk by.
2. Never leave an un-attended pot on the stove.
3. Use a pot holder.
4. Be sure to turn off the stove when you are finished.
5. When dropping or spreading cookie confections work quickly, otherwise they will cool in the pan before you finish.
6. Drop on waxed paper unless the recipe specifies otherwise.

CHOCOLATE OATIES

2 cups	Sugar	3 cups	Quick-cooking rolled oats
½ cup	Milk	½ cup	Flaked or shredded coconut
¼ cup	Butter or Oleo	½ cup	Peanut Butter
⅓ cup	Cocoa	1 tsp.	Vanilla

Combine sugar, milk, butter and cocoa in saucepan. Boil 1 minute. Remove from heat. Mix in rest of ingredients. Drop by spoonfuls onto waxed paper. Chill. Makes 30.

PEANUT BUTTER RAISIN TREATS

Not only do you have to bake these delicious cookies, but you do not have to do any cooking to prepare them. Make them for yourself for an after school snack or make a batch of them for the whole family.

1 tablespoon	Syrup or Honey
1 tablespoon	Peanut Butter (Plain or Chunky)
2 tablespoons	Dried Milk
1 ½ teaspoons	Raisins
	Graham Cracker, or crushed cereal crumbs

Mix all ingredients except crumbs. Mix until smooth and oily. Shape as desired. Roll in crumbs. Makes 4 cookies.

To make 50 cookies use the following ingredients:

1 cup	Corn Syrup	½ cup	Raisins
1 cup	Peanut Butter	1 cup	Graham Cracker
2 cups	Dried Milk		or cereal crumbs

BREAKFAST BARS

These cookies are so nutritious that mom probably won't mind if you eat them for breakfast with a glass of milk.

½ cup	Butter or Oleo
32	Marshmallows or 3 cups Miniature Marshmallows
½ cup	Peanut Butter
½ cup	Non-fat Dry Milk
1/4 cup	Orange-Flavored Instant Breakfast Drink
1 cup	Raisins
4 cups	Cheerio cereal

Butter baking pan, 9 X 9 X 2 inches. In large saucepan, melt butter and marshmallows over low heat, stirring constantly. Stir in peanut butter until melted. Stir in milk and breakfast drink. Remove from heat; fold in raisins and cereal, stirring until evenly coated. Turn into pan. With buttered hands, pat evenly in pan. Cool thoroughly. Cut into bars. 1 dozen bars.

FUDGE DROPS OR HAYSTACKS

- | | |
|-------------------------|-----------------------------------|
| 1 6-oz. Package (1 cup) | Semi-Sweet Chocolate Pieces |
| 1 6-oz. Package (1 cup) | Butterscotch Pieces |
| 1 1/4 cups | Granola or Chow Mein Noodles |
| 1 cup | Dry Roasted Peanuts or Mixed Nuts |

Melt chocolate and butterscotch pieces in the tip of a double boiler over hot (not boiling) water. Remove from heat. Stir in cereal and peanuts. Drop by teaspoonfuls onto waxed paper. Chill. Store in refrigerator.

HOW DID YOU DO? _____ good _____ need to improve:

Were your cookie confections:

- of uniform size and shape mixed well
- cooked just long enough, but not so long as to make them grainy and sugary.

Have someone who tasted your cookie confections write comments about them:

First Batch: Type of cookie _____

Comments: _____

Name and Date _____

Second Batch: Type of cookie _____

Comments: _____

Name and Date _____

DID YOU LEARN

Did you learn how to:

- Use the range?
- Clean up as you go along?
- Melt chocolate, butterscotch, and/or marshmallows?
- Use safety precautions when cooking?

How much did you spend on ingredients for your cookie confections? (Estimate the cost of any ingredients you had on hand) _____

EXTRA ACTIVITIES - JUST FOR FUN

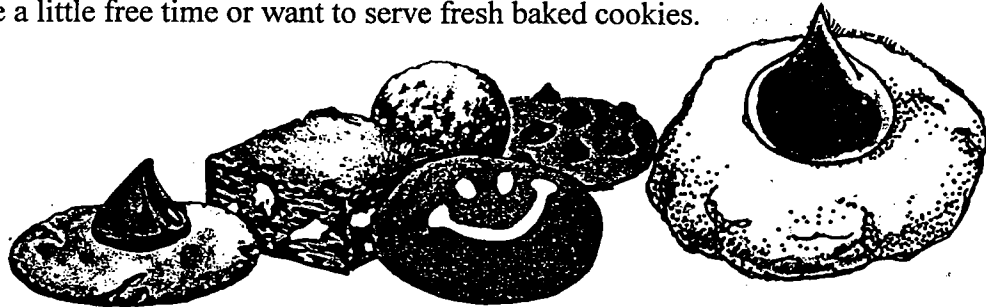
- Try other cookie confection recipes and start a recipe collection of your favorite ones.
- Visit a candy store where they make candy and see how candy making compares to making cookie confections.
- Make cookie confections as a gift for a friend or for 4-H club refreshments.

DROP COOKIES

Next to bar cookies, drop cookies are the easiest to bake. These are usually thick, round cookies with a crisp crust and soft center. They get their name from the fact that soft dough is dropped by the spoonful onto a baking sheet. Nuts, fruits, candies, or cereals are often added to give variety in texture and flavor. Sometimes drop cookies are frosted.

TIPS FOR MAKING DROP COOKIES:

1. Use a kitchen spoon rather than a measuring spoon, and take slightly rounded rather than level spoonfuls (unless the recipe specifies otherwise).
2. Push the dough off the spoon with another spoon or a rubber spatula.
3. Make the cookies the same size so they will be done at the same time and look attractive.
4. Bake them on a greased cookie sheet (unless the recipe specifies otherwise).
5. Bake them just until done, or until a slight imprint remains when you touch them lightly with your finger. Under baking will cause a rough spot in the center of the cookies and over baking tends to make them hard with dark, crisp edges.
6. Remove from baking sheet and cool on a rack unless recipe says otherwise. If left on a hot sheet, they may continue to bake and may over bake.
7. Use a dull baking sheet. A shiny one reflects the heat away and may cause the cookies to take longer to bake and to be pale instead of golden brown.
8. When baking a large batch of cookies, sometimes the cookies spread out more than desired. Chilling the dough slightly and mounding it up when dropped will help solve this problem. Cookies should be dropped about 2 inches apart.
9. If pressed for time, you can divide the dough and freeze part of it. Then bake when you have a little free time or want to serve fresh baked cookies.



CHOCOLATE CHIP COOKIES

One of the most popular drop cookies in America is the Chocolate Chip cookie. This recipe came from Mrs. Clare Smith, the head cook of Florida's 4-H Camp Cloverleaf. They're great when you make them large and eat them warm from the oven with a tall glass of cold milk. For variation, try chocolate mint, butterscotch, or peanut butter chips instead of the semi-sweet chocolate chips.

1 pound	Shortening	4	Eggs
1 ½ cup	White Sugar	6 cups	Flour
1 ½ cup	Brown Sugar	2 teaspoons	Baking Soda
2 teaspoons	Honey	2 teaspoons	Salt
2 teaspoons	Vanilla	3 6-oz. bags	Chocolate Chips

Beat together shortening, white and brown sugars, honey, and vanilla until light and fluffy. Beat in eggs well.

Sift together flour, baking soda, and salt. Add to creamed mixture a little at a time. Beat well after each addition. Stir in chocolate chips. Refrigerate ½ of the dough while you bake the rest, otherwise it will "melt" before you can bake the entire batch. Drop on a paper lined (use waxed paper or a brown paper bag) cookie sheet and bake at 350 degrees for 15 minutes. For large cookies, use a #30 scoop to drop them. Dip scoop in water occasionally. Makes approximately 70 cookies.

PUMPKIN COOKIES

A soft moist cookie. Excellent for bake sales. Two cups of very ripe mashed bananas, mashed cooked sweet potatoes, mashed mango, applesauce or mashed carrots can be substituted for the pumpkin. Try it several ways and see how you like it best!

2 cups	Sugar	1 tsp.	Baking Soda
2 cups	Shortening	1 tsp.	Salt
1 16-ounce	Can Pumpkin	2 tsp.	Ground Cinnamon
2	Eggs	1 tsp.	Ground Nutmeg
2 tsp.	Vanilla	½ tsp.	Ground Allspice
4 cups	Sifted All-Purpose Flour	2 cups	Raisins
2 tsp.	Baking Powder	1 cup	Chopped Nuts

In mixer bowl, thoroughly cream together sugar and shortening. Add pumpkin, eggs and vanilla; beat well. Sift together flour, baking powder, soda, salt and spices. Add to creamed mixture; mix well. Stir in raisins and nuts. Drop dough from rounded teaspoon onto greased cookie sheet, about 2 inches apart. Bake in 350 degrees oven 12 to 15 minutes. Remove from baking sheet to cool. Frost with your favorite vanilla frosting, if desired. Makes 7 dozen.

DID YOU LEARN

Did you learn how to:

- Remove cookies from the pan without breaking them by using a metal spatula?
- Measure brown sugar?
- Line a pan with paper?
- Make several variations from one basic cookie recipe?

If you learned all of these things, you are on your way to being a good baker!

How much did you spend on the ingredients for your drop cookies? (Estimate the cost of any ingredients you had on hand) _____

EXTRA ACTIVITIES - JUST FOR FUN

- Collect more drop cookie recipes to add to your collection.
- Take a field trip to a local bakery.
- Make drop cookies from a mix and compare them with ones made from “scratch”. Which taste better? Which are quicker and easier to make? Which cost less to make?
- Do a demonstration on one type of drop cookie or variations of a drop cookie recipe.
- Bake a batch of drop cookies and take them to a shut-in, a senior citizen who lives alone, or someone else in need of someone and something to brighten his/her day.

BAR OR SQUARE COOKIES

Bar and square cookies are the quickest and easiest type of cookie to bake. The ingredients are simply mixed, spread in a pan and baked - there's no rolling, cutting, dropping or shaping the dough and there's only one batch to put in and take out of the oven. Sometimes a meringue or special topping is baked on. Usually, however, the finished bars are sprinkled with powdered sugar or spread with frosting.

TIPS FOR MAKING BAR COOKIES:

1. **Avoid over mixing the dough** - over mixing will result in a tough textured cookie with a hard, crusty top.
2. **Use the pan size the recipe calls for** - if too large, the cookies will be thin and dry; if too small, they will be thick and may not bake thoroughly.
3. **Spread the dough evenly in the pan** - this will assure that all of the bars have the same thickness and texture.
4. **Bake at the temperature called for and bake only until done** - over baked cookies are hard and dry; underdone ones are doughy. Use the time given in the recipe as a guide for doneness. Also apply one of the following tests:

FUDGE - type bars are done when the surface is dull in appearance and a slight imprint remains after touching the surface with a fingertip.

CAKE - LIKE - bars are done with a toothpick inserted in the center of the pan comes out clean.

5. **Allow to cool before cutting unless the recipe says otherwise.** If cut when hot, some bars crumble. Cut into bars, squares, or diamonds in the size you desire, using a sharp knife and a sawing motion.

BROWNIES

Brownies, rich, moist and fudgy are probably the most popular bar cookie and there are about as many brownie recipes as there are people who enjoy eating them. Here's an extra moist brownie recipe you're sure to enjoy.

1 cup	Butter or Oleo	1 ½ cup	Sifted Flour
2 squares	Unsweetened Chocolate	1 tsp.	Baking Powder
2 cups	Sugar	2 tsp.	Vanilla
4	Eggs, slightly beaten	1 cup	Chopped Nuts

Melt butter and chocolate over low heat. Add sugar and eggs; mix well. Sift flour with baking powder; stir into chocolate mixture. Stir in vanilla and nuts. Bake in a greased 13 X 9 X 2' pan at 350 degrees for 35-40 minutes. Cool completely in pan set on rack. Cut into 3 X 1 - ½ bars. Makes 2 dozen.

MOCHA DATE SQUARES

These cookies freeze and mail well.

3/4 cup	Margarine or Butter	2 1/4 cup	Brown Sugar (firmly packed)
1 tsp.	Vanilla	3	Eggs
2 3/4 cup	Sifted Flour	2 1/2 tsp.	Baking Powder
1/2 tsp.	Salt	1 1/2 tsp.	Instant Coffee
1 cup	Dates, cut in small pieces	1 6-oz. Pkg.	Chocolate Pieces
1 cup	Chopped Walnuts		

Cream margarine; add brown sugar, vanilla and eggs. Beat thoroughly. Add sifted dry ingredients to creamed mixture in fourths, beating well after each addition. Add remaining ingredients; mix well. Bake in a large greased cookie pan at 350 degrees for 25-35 minutes. Cut into squares. Yield: 4 dozen.

Frost with chocolate frosting, if desired.

MAGIC BARS

These cookies are also called Candy Bar Cookies and Happy Cookies. You'll see why when you taste them!

1/2 cup	Butter or Margarine
1 cup	Graham Cracker Crumbs
1 6-oz. Pkg.	Semi-Sweet Chocolate Chips
1 6-oz. Pkg.	Butterscotch Chips
1 cup	Flaked Coconut
1 cup	Chopped Nuts
1 15-oz. Can	Sweetened Condensed Milk (Not evaporated milk)

Melt butter in 13 X 9 X 2' pan. Sprinkle graham cracker crumbs evenly over bottom of pan. Then sprinkle on remaining ingredients (except milk) in order listed. Dribble sweetened condensed milk over top. Bake at 375 degrees about 25 minutes. Set pan on rack and cut into 3 X 1' bars when partly cooled, but while still warm. Remove from pan when cool. Makes 39 bars.

DATE AND APRICOT SQUARES

Filling:

1 cup	Chopped, Dried Apricots	1/4 cup	Brown Sugar, firmly packed
1 cup	Water	1 tsp.	Lemon Juice

Crumb & Base Topping:

1/4 tsp.	Salt	1/2 tsp.	Soda
1/3 cup	Brown Sugar, firmly packed	1 cup	Butter, melted
1 1/4 cups	Sifted All Purpose Flour		

For filling, combine all ingredients in saucepan. Cook over low heat until thick, stirring often. Cool.

For crumb base and topping, sift together flour, salt and soda into bowl. Stir in sugar and granola cereal. Add butter, mixing until crumbly. Press 2/3 of crumb mixture into greased 8-inch square Baking pan. Spread with filling. Sprinkle remaining crumb mixture evenly over filling, packing lightly. Bake in preheated moderate oven (350 degrees) 25-30 minutes. Cool. Cut into squares.

Date Squares:

Substitute the following for the filling ingredients in the recipe for Apricot Squares:

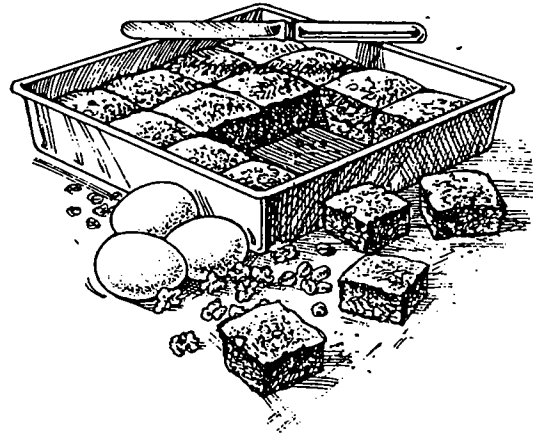
1 1/4 cups	Chopped, Pitted Dates
1/3 cup	Brown Sugar, firmly packed
1/3 cup	Water
1/4 cup	Orange Juice
1/4 tsp.	Salt

Prepare as directed in the recipe for APRICOT SQUARES. Makes 25.

DID YOU LEARN

Did you learn how to:

- turn on the oven?
- to set the timer on the oven?
- test bar cookies for doneness?
- crack and beat eggs?
- sift flour?
- chop nuts?
- cream margarine?
- use an electric mixer?
- grease a pan?



If you learned all of these things, you are on your way to being a good baker!

How much did you spend on the ingredients for your bar cookies? (Estimate the cost of any ingredients you had on hand) _____

EXTRA ACTIVITIES - JUST FOR FUN

- Collect additional bar cookie recipes. After trying them add the ones you and your family liked to your collection.
- Prepare bar cookies using a mix and compare them to ones made from “scratch”- which is better? Which are quicker and easier to make? Which cost less to make?
- Make bar cookies for a friend, 4-H club meeting, bake sale and/or fair exhibit.

HOW DID YOU DO? good need to improve

Were your bar cookies:

- of uniform thickness and texture?
- moist and tender with a thin, delicate crust?
- cooled before cut into bars unless recipe specified otherwise?
- of blended flavor - free from excessive flavor of spices or sweeteners?

Have some who tasted your bar cookies write comments about them:

First Batch: Type of Cookie _____

Comments: _____

Name and Date _____

Second Batch: Type of Cookie _____

Comments: _____

Name and Date _____

ROLLED COOKIES

Rolled cookies may be thin and crisp or thick with a soft interior. They are made from a stiff, fairly soft dough which is chilled so that it is easy to handle. As the name implies, the dough is rolled out, then cut into the desired shape. Cutters range from round biscuit cutters to fancy-shaped flowers, animals, stars, gingerbread men, or bells. You can make your own patterns by cutting designs out of cardboard or heavy brown paper and tracing on the dough with the tip of a knife. A coffee can cover makes an excellent cookie cutter for giant-sized cookies.

Frequently, rolled cookies are folded over a filling of fruit, nuts, or frosting before baking. Sometimes is "sandwiched" between two baked cookies.

TIPS FOR MAKING ROLLED COOKIES:

1. **Chill the dough until firm then take only the amount you can work with at a time from the refrigerator** - dough that is allowed to stand at room temperature will soften and take up more flour than necessary during rolling and will result in dry, tough cookies.
2. Roll dough on a lightly floured board, pastry cloth, or between two sheets of waxed paper, using a stocking-net covered rolling pin which has also been lightly floured. Add more flour as necessary, but use it sparingly - **remember** adding too much flour makes cookies tough.
3. Roll from the center of the mound of dough outward.
4. **When cutting out cookies**, start at the edges and work to the center. Dip the cutter in flour and shake off the excess, repeating as necessary. Cut with pressure and keep scraps to a minimum by cutting cookies close together.
5. **For the last baking**, gather all of the scraps of dough, shape into a mound, roll and cut. These cookies will be less tender than those rolled only once.
6. **When using paper patterns**, grease them well before laying them on the dough; cut around them with a pointed knife which has been dipped in flour.
7. **Lift cut-outs** to the baking sheet with a wide spatula to avoid stretching them out of shape. The baking sheet should be greased, unless the directions say otherwise.
8. **Cookies which are filled** before baking should be sealed well at the edges so that the filling won't leak out.
9. **Baking Sheet**, use a dull baking sheet, not a shiny one.
10. **Bake** only until delicately browned, unless recipe specifies otherwise.
11. **Remove baked cookies** from pan with spatula and cool on rack unless recipe specifies otherwise.

GINGERBREAD MEN

Few goodies you make in your kitchen say "Merry Christmas" more eloquently than gingerbread men. These spicy molasses cookies are especially inviting when hung on the tree and lend themselves to decorating. To make a hole for hanging, insert a 1 ½ inch length of a paper drinking straw into each unbaked cookie in the place you want the hole. Remove the straws before cookies are cool. Use ribbons to hang.

Gingerbread cookies keep well in the freezer or a cool place. So, they can be baked ahead of time.

Preheat oven to 350 degrees.

Blend until creamy:

1/4 cup	Butter
1/2 cup	White or Brown Sugar

Beat in:

1/2 cup	Dark Molasses
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Sift:	3 1/2 cups	All Purpose Flour
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Add:	1 tsp.	Soda	1 tsp.	Ginger
	1/4 tsp.	Cloves	1/2 tsp.	Salt
	1/2 tsp.	Cinnamon		

Add the dry ingredients to the butter mixture in about three parts, alternately with: 1/4 cup water.

You may have to work in the last of the flour mixture with your hands if you are not using an electric mixer. Chill dough until firm (about ½ hour - clean up while you're waiting). Roll out dough and cut out men using a cookie cutter or paper pattern. Decorate before baking with small raisins, bits of candied cherry, red-hots, etc.

Bake the cookies for about 8 minutes or longer, according to their thickness. Test them for doneness by pressing the dough with your finger. If it springs back after pressing, the gingerbread cookies are ready to be cooled on a rack.

For Icing you may: Stir in a small bowl, 1/4 cup confectioners sugar, a few drops of water, you may add: a drop or two of vegetable coloring.



FRUIT FANTASIES

4 cups	Sifted All Purpose Flour	1	Egg
4 tsp.	Baking Powder	1 tsp.	Lemon Extract
½ tsp.	Salt		Royal Frosting (below)
1/3 cup	Butter or Margarine		Red, green and yellow
1/3 cup	Light Brown Sugar, firmly packed		food colors
	sugar		Red, orange and yellow colored
2/3 cup	Honey		sugars

1. Sift flour, baking powder and salt into wax paper.
2. Beat butter or margarine with brown sugar until light and fluffy in a medium-size bowl; beat in honey, egg and lemon extract.
3. Stir in flour mixture, 1/3 at a time, blending well to make a stiff dough. Chill several hours or overnight.
4. Roll out dough one quarter at a time. 1/8 inch thick on lightly floured surface; cut into fruit shapes, using the designs attached or make your own. Place one inch apart on lightly greased cookie sheets. If cookies are to be hung on a tree, make a hole in each with a paper drinking straw.
5. Bake in moderate oven (350 degrees) 8 minutes, or until firm and light brown on edges. Remove from cookie sheets to wire racks; cool completely.
6. Make Royal Frosting (see below). Divide frosting into small custard cups; color red, yellow or green. To decorate cookies, spread "apples" with red frosting, sprinkle one-half with red sugar while frosting is still wet. When frosting is dry, pipe green frosting through a wax paper cone to make stems and a leaf. Spread "lemons" with yellow frosting, sprinkle with yellow sugar; pipe a little green frosting on one end. Spread "oranges" (made with a 2 ½ inch round cookie cutter) with yellow frosting, sprinkle heavily with orange sugar, let dry; then pipe yellow frosting on top of sugar, spoke fashion, to resemble a cut orange. Mix a little yellow food coloring to green frosting to make a light green, spread on "pear" shapes; spread a little red frosting on one side for a "blush". Pipe light green or purple frosting in small circles on "grape" shapes; pipe yellow or green bow leaves at top. When frosting is dry, hang on Christmas tree with red or green ribbons.

ROYAL FROSTING

2	egg whites	3 ½ cups	Sifted Confectioners Sugar
1 tsp.	Lemon Juice		

Beat egg whites and lemon juice until foamy in a medium-sized bowl. Slowly beat in sugar, until frosting stands in firm peaks and is stiff enough to hold a sharp line when cut through with a knife. Keep frosting covered with a damp paper towel to keep from drying.

