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## EC57-915 Cookies

Ethel Diedrichsen

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# Cookies



EXTENSION SERVICE  
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE  
AND U.S. DEPARTMENT OF AGRICULTURE  
COOPERATING  
W. V. LAMBERT, DIRECTOR



# COOKIES

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## INTRODUCTION

Cookies are great favorites. They are tasty, tempting and easy to make. They may be served for many occasions, with meals, in lunch boxes, as snacks or gifts. Among the different types of cookies you find drop, bar, refrigerator, pressed and rolled cookies.

Drop Cookies are made from soft dough dropped from a teaspoon on a lightly greased cookie sheet. They should be well flavored, uniform in size and shape and slightly rounded.

Bar Cookies are made from stiff batter, baked in a layer about 1/2 inch thick. They have somewhat the texture of cake, fine, tender and slightly moist. They may be cut into different sizes and shapes and rolled in powdered sugar or covered with icing.

Refrigerator Cookies are made from stiff rich dough. They are thin and crisp, of uniform shape and size and lightly browned.

Pressed Cookies are made with a dough that is soft enough to go through a cookie press but still hold its shape. They may be made into a variety of shapes and designs. These fancy cookies are especially nice for parties and teas and are fun to make and decorate at Christmas.

Rolled Cookies are made from a soft dough that is rolled thin with a rolling pin. Before baking they are cut into the desired

shapes with a floured cookie cutter. They should be uniformly shaped, well flavored, tender and fine in texture.

### Decorating

Cookies may be decorated in many attractive ways. Sugar sprinkled over the dough just before baking gives rolled cookies a finished appearance. Colored sugar, tiny candies, coconut, candied fruits, chopped nuts, chocolate shot and aromatic seeds such as caraway and poppy may be used for decorating.

### Storing

Store crisp cookies in a dry place. A loosely covered container will keep them crunchy. If cookies become soft, place them in a warm oven for a few minutes. Soft cookies should be tightly covered. An apple or slice of bread stored with them will help to keep them moist.

### Mailing

Cookies sturdy enough for mailing include drop cookies, bars or squares and those that have been rolled into balls. Pack cookies in strong cardboard or metal containers lined with waxed paper, foil or plastic film. Cushion the cookies generously with shredded waxed paper. Fill in the top with popcorn or ready-to-eat cereal. Wrap the package in heavy paper, tie securely and address carefully.



## RECIPES

### COCONUT DROP COOKIES

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 cup shortening                | 3 1/2 cups sifted flour |
| 2 cups brown sugar              | 1 teaspoon soda         |
| 2 eggs                          | 1 teaspoon salt         |
| 1/2 cup sour milk or buttermilk | 1 cup shredded coconut  |

Mix shortening, sugar and eggs thoroughly. Stir in sour milk with the sifted dry ingredients and coconut. Chill at least 1 hour. Drop rounded teaspoonfuls about 2 inches apart on a slightly greased baking sheet. Bake at 400° for 8 to 10 minutes. Makes 6 dozen cookies.

### CHOCOLATE DROPS

- |                             |                     |
|-----------------------------|---------------------|
| 1/2 cup shortening          | 1/2 teaspoon soda   |
| 1 cup brown sugar           | 1/4 cup milk        |
| 2 eggs                      | 1 teaspoon vanilla  |
| 2 squares chocolate, melted | 1 cup nuts, chopped |
| 1 1/2 cups sifted flour     |                     |

Cream shortening and add sugar gradually. Stir in eggs and melted chocolate. Sift flour and soda together and stir in alternately with the milk. Add vanilla and nuts. Drop from teaspoon on greased baking sheet and bake at 375° for 10 to 15 minutes.

### MINCEMEAT HERMITS

- |                               |                       |
|-------------------------------|-----------------------|
| 1 package condensed mincemeat | 1/2 teaspoon salt     |
| 1/2 cup water                 | 3/4 teaspoon soda     |
| 3/4 cup shortening            | 1/2 teaspoon cinnamon |
| 1 1/2 cups brown sugar        | 1/2 teaspoon nutmeg   |
| 3 eggs, unbeaten              | 1 cup nuts            |
| 2 1/2 cups sifted flour       |                       |

Mix mincemeat with water and boil briskly until almost dry. Set aside to cool. Cream shortening with the sugar and eggs. Blend in sifted dry ingredients. Stir in mincemeat and nuts until just mixed. Drop from teaspoon on greased baking sheet. Bake at 375° for 12 to 15 minutes. Makes 4 dozen cookies.

### SOFT MOLASSES COOKIES

- |                     |                       |
|---------------------|-----------------------|
| 3 cups sifted flour | 1/2 cup shortening    |
| 1/2 cup sugar       | 1 egg, beaten         |
| 2 teaspoons soda    | 1 cup molasses        |
| 1 teaspoon salt     | 1/2 cup boiling water |
| 1 tablespoon ginger | 1 tablespoon vinegar  |
| 1 teaspoon cinnamon |                       |

Sift flour, sugar, soda, salt, ginger and cinnamon into mixing bowl. Add shortening, egg and molasses. Combine water and vinegar and add to flour mixture, stir to combine ingredients, then beat 2 minutes with an electric mixer or about 300 strokes by hand. Drop from teaspoon onto greased baking sheet. Sprinkle with sugar if desired. Bake at 375° for 12 to 15 minutes. Makes about 7 dozen 2-inch cookies.



## OATMEAL COOKIES

1 1/2 cups sifted flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
2 cups oatmeal

1 cup raisins  
1/2 cup shortening  
1 cup sugar  
2 eggs  
1/2 cup milk

Sift flour, baking powder, salt and cinnamon; stir in oatmeal and raisins. Cream shortening, gradually beat in sugar, then eggs. Stir in flour-oatmeal mixture alternately with milk. Drop from teaspoon on greased baking sheet and bake at 375° about 15 minutes. Makes 3 dozen cookies.

## PINEAPPLE DROP COOKIES

1/2 cup shortening  
1/2 cup brown sugar  
1/2 cup white sugar  
1 egg, beaten  
2 cups sifted flour

1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 cup crushed pineapple,  
drained  
1/4 cup nuts  
1/4 teaspoon lemon extract

Blend shortening and sugars and beat in egg. Sift dry ingredients and add alternately with the pineapple. Mix in nuts and flavoring. Drop from a spoon onto greased baking sheet. Bake at 375° for 10 to 15 minutes.

## CORNFLAKE MACAROONS

2 egg whites  
1/2 teaspoon salt  
1 cup sugar

1/4 teaspoon almond extract  
1 cup shredded coconut  
2 cups cornflakes

Beat egg whites until frothy. Sprinkle salt over the top and gradually beat in the sugar until the mixture is very stiff and glossy. Fold in flavoring, coconut and cornflakes. Drop from teaspoon onto greased baking sheet and bake at 350° for 15 to 20 minutes. Place pan on damp cloth and remove macaroons immediately with spatula or knife. Makes 3 dozen macaroons.

## GOLD COOKIES

1/2 cup shortening  
1 1/2 cups sugar  
4 egg yolks  
2 tablespoons milk

1 teaspoon vanilla  
1 1/2 cups sifted flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt

Mix shortening, sugar and egg yolks together thoroughly. Stir in milk and vanilla. Add flour which has been sifted with the baking powder and salt. Chill the dough. Roll into balls the size of walnuts and place on ungreased baking sheet. Bake at 400° for 12 to 15 minutes. Makes about 5 dozen cookies.

## ALMOND CRESCENTS

1 cup butter or margarine  
1/2 cup powdered sugar  
1 teaspoon vanilla

1/4 teaspoon salt  
2 cups sifted flour  
1 cup chopped blanched almonds



Cream butter; add sugar, vanilla, salt and flour gradually. The dough will be rich and crumbly and the last flour may have to be kneaded in. Mix in almonds. If desired, tint the dough a delicate shade with food coloring. Shape into crescents and bake at 350° on ungreased baking sheet for 17 to 20 minutes. While still warm, dip in powdered sugar.

### CANDY CANE COOKIES

1 cup shortening (half butter)	1 teaspoon vanilla
1 cup powdered sugar	2 1/2 cups sifted flour
1 egg	1 teaspoon salt
1 1/2 teaspoons almond extract	1/2 teaspoon red food coloring

Blend together the shortening, sugar, egg and flavorings. Stir in sifted flour and salt. Divide dough in half. Blend red food coloring into one half. Roll a teaspoonful of each color dough into strips 4 inches long. Place strips side by side, press lightly together and twist like a rope. Curve top down for handle of cane. Bake on ungreased baking sheet at 375° for 9 minutes. While still warm sprinkle with a mixture of 1/2 cup crushed peppermint stick candy and 1/2 cup sugar. Makes about 4 dozen cookies.

### MINT SURPRISE COOKIES

1 cup butter	1 teaspoon soda
1 cup white sugar	1/2 teaspoon salt
1/2 cup brown sugar	1 package solid chocolate mint candy wafers
2 eggs, unbeaten	Walnut halves
1 teaspoon vanilla	
3 cups sifted flour	

Cream butter and sugars together. Beat in eggs and vanilla. Blend in sifted dry ingredients. Shape dough into rolls 1 1/2 inches in diameter and chill thoroughly. Cut in slices 1/8 inch thick and place on ungreased baking sheet. Top each slice with a chocolate wafer and cover with another slice of dough. Seal the edges and place a walnut half on top. Bake at 375° for 9 to 12 minutes.

### PEANUT BUTTER COOKIES

1 1/2 cups sifted flour	1/2 cup white sugar
2 teaspoons baking powder	1/2 cup brown sugar
1/2 teaspoon salt	1 egg
1/2 cup shortening	1/2 teaspoon vanilla
1/2 cup peanut butter	

Sift together flour, baking powder and salt. Cream shortening, peanut butter and sugars until light and fluffy. Beat in egg and vanilla. Add flour mixture to creamed mixture, stirring well. Form dough into balls the size of marbles and place 1 inch apart on ungreased baking sheet. Press crosswise with a fork. Bake at 375° for 10 to 12 minutes. Makes about 5 dozen 2-inch cookies.

### APRICOT SQUARES

2 cups brown sugar	2 teaspoons baking powder
1/2 cup shortening	1/2 teaspoon salt
2 eggs	1/2 cup nuts, chopped
2 teaspoons vanilla	1 cup dried apricots, chopped
1 1/2 cups sifted flour	

Cream sugar and shortening together. Add eggs and vanilla, and sift in dry ingredients. Lightly fold in chopped nuts and apricots. Pour batter into shallow greased pan 7 x 11 inches. Bake 20 to 22 minutes at 350° Do not overbake. Cut in squares while warm. Yield: 32 one-inch squares.



## BROWNIES

3/4 cup sifted flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 cup nuts, chopped  
1/3 cup shortening

1 cup sugar  
2 eggs, well beaten  
1/2 teaspoon vanilla  
2 squares unsweetened  
chocolate, melted

Sift flour, baking powder and salt; stir in nuts. Cream shortening until soft. Gradually beat in sugar, then eggs, vanilla and chocolate. Stir in flour-nut mixture. Pour into greased, shallow 8-inch square pan and bake at 350° for 30 to 35 minutes. Cut in squares while warm. Yield: about 16 squares.

## CONGO SQUARES

2/3 cup shortening  
1 pound brown sugar  
3 eggs  
2 2/3 cups sifted flour

2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup nuts, chopped  
1 package semi-sweet  
chocolate pieces

Melt shortening in saucepan, stir in brown sugar and allow to cool slightly. Beat eggs in one at a time. Add flour, baking powder and salt sifted together and stir in nuts and chocolate pieces. Pour into shallow greased pan 10 x 15 inches. Bake at 350° for 25 or 30 minutes. Cut in squares while warm. Yield: 3 dozen 2-inch squares.

## DATE OATMEAL COOKIES

2 cups chopped dates  
1 1/2 cups brown sugar  
1 tablespoon flour  
1 cup hot water  
1 teaspoon vanilla

1 cup sifted flour  
1 teaspoon soda  
2 cups rolled oats  
3/4 cup melted butter or  
margarine

Combine dates, 1/2 cup of brown sugar, and 1 tablespoon of flour. Add water and simmer until the mixture thickens. Stir in vanilla. Combine remaining brown sugar with flour, soda and rolled oats. Add melted butter gradually. Spread 1/2 oatmeal mixture in a greased pan 8 x 12 inches. Cover with date mixture, then sprinkle with remaining oatmeal mixture. Bake at 375° for 20 minutes. Cool in pan. Cut while still warm. Makes 24 2-inch squares.

## BUTTERSCOTCH SLICES

3 cups sifted flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
1 cup shortening

1 1/4 cups brown sugar  
1/2 teaspoon vanilla  
2 eggs

Sift flour, baking powder and salt together. Cream shortening until soft; gradually beat in sugar, vanilla and one egg at a time. Stir in flour mixture. Shape in rolls about 2 inches in diameter and wrap each in waxed paper. Chill thoroughly in refrigerator. Cut chilled dough in 1/8 inch slices, place on ungreased baking sheet and bake at 400° about 8 minutes. Makes 8 to 9 dozen.



## CHOCOLATE PINWHEEL COOKIES

1/2 cup shortening  
1/2 cup sugar  
1 egg yolk  
1 1/2 teaspoons vanilla  
1 1/2 cups sifted flour

1/4 teaspoon salt  
1/2 teaspoon baking powder  
3 tablespoons milk  
1 square unsweetened  
chocolate, melted

Thoroughly cream shortening and sugar; stir in egg yolk and vanilla. Add sifted dry ingredients alternately with milk. Divide dough in half; to one half add chocolate. Roll each half 1/8 inch thick on heavy waxed paper. Turn white part on chocolate with chocolate extending 1/2 inch beyond white part on edge toward which you roll. Remove paper and roll as for jelly roll. Wrap in waxed paper and chill thoroughly. Slice thin and bake on ungreased cookie sheet at 375° about 10 minutes. Makes 4 dozen cookies.

## SPRITZ

1 cup butter  
2/3 cup sugar  
3 egg yolks

1 teaspoon almond or vanilla  
2 1/2 cups sifted flour

Cream butter and sugar together. Add egg yolks and flavoring; and mix in flour and chill. Force the dough through a cookie press onto an ungreased baking sheet in letter S's, rosettes, bows, ribbons or other desired shapes. Bake at 400° for 7 to 10 minutes. Makes 6 dozen cookies.

## CHOCOLATE PRESS COOKIES

1/2 cup shortening  
1 cup sugar  
2 squares unsweetened chocolate,  
melted  
1 egg, beaten

2 1/2 cups sifted flour  
1/2 teaspoon soda  
1/2 teaspoon salt  
4 tablespoons milk or cream  
1/2 teaspoon vanilla

Cream the shortening and sugar until light. Add the chocolate and egg and mix thoroughly. Mix in the sifted dry ingredients alternately with milk and vanilla. Press through a cookie press onto ungreased baking sheet. Bake at 400° for 10 minutes. Makes about 50 cookies.

## ALMOND CHRISTMAS CUTUPS

1/2 cup butter or margarine  
1 cup brown sugar  
1 egg, beaten  
1/2 teaspoon vanilla

1 3/4 cups sifted flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup blanched almonds,  
ground

Cream butter and brown sugar thoroughly. Add egg and vanilla. Sift flour, baking powder and salt; blend with creamed mixture and stir in almonds. Chill. Roll out very thin and cut with cookie cutters into a variety of Christmas designs. Bake at 350° for 8 to 10 minutes. Yield: 5 dozen cookies.



## ROLLED MOLASSES COOKIES

3 1/2 cups sifted flour  
1/2 teaspoon baking powder  
2 teaspoons soda  
1 1/2 teaspoons salt  
1/2 teaspoon ginger  
1/2 teaspoon cinnamon

1 cup shortening  
1 cup sugar  
1 cup molasses  
2 eggs, beaten  
1/2 cup buttermilk or sour  
milk

Sift together the flour, baking powder, soda, salt, ginger and cinnamon. Cream shortening and sugar until light and fluffy. Add molasses and eggs. Add flour mixture to creamed mixture alternately with buttermilk or sour milk. Chill dough. Roll 1/4 inch thick and cut with floured cookie cutter. Bake on ungreased baking sheet at 375° for 12 to 15 minutes. Yield: 6 dozen 3-inch cookies.

## SPRINGERLE

4 eggs  
1 pound powdered sugar

4 cups sifted flour  
1 tablespoon anise seeds

Beat eggs until light. Add the sugar gradually and beat until thoroughly combined. Mix in the flour. Chill the dough for 1 hour, roll 1/4 inch thick and press in the design with a springerle board or rolling pin. Separate the squares and place on a greased baking sheet sprinkled with anise seeds. Let dry for 12 hours, then bake at 350° for 30 minutes. When cool, store in a covered jar for 2 or 3 weeks before serving.

## SUGAR COOKIES

2 cups sifted flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup shortening

1 cup sugar  
1 egg  
1 teaspoon vanilla  
1 tablespoon cream or milk

Sift together 1 1/2 cups flour, baking powder and salt. Cream shortening until soft; beat in sugar, egg, vanilla and cream. Stir in flour mixture, then gradually add the remaining flour until dough is just stiff enough to roll. Chill thoroughly. Roll 1/8 inch thick; cut with floured cutter as desired and place on ungreased baking sheet. Sprinkle with sugar and bake at 375° for 8 to 10 minutes. Yield: 4 to 5 dozen cookies.