

**October 2017**

**COOKIES**

**Canadian Caramel Refrigerator Cookies**

**Choats**

**Peanut Butter Refrigerator Cookies**

**Rolled Anise Sugar Cookies**

One Christmas, and I wish to emphasize the word *one* in this case, I decided to give trays of cookies and homemade candies to my husband's staff. I baked and baked . . . and baked; the total of cookies exceeded seven hundred, as I remember. Large, colorful serving trays, procured from a local kitchen store, loaded with some twenty different kinds of cookies, six or seven kinds of candy, and decorated with bows and holly were soon ready to deliver. They were pleased; I was exhausted. Ever after my holiday cookie baking was simpler and today I make only four or five different cookies. It is hard to give up cookies.

As the holidays approach, instead of halving cookie recipes, I freeze a full batch of the dough for several cookies that we especially like. A few days before Christmas, I bake enough for our cookie tray and leave the rest of the dough in the freezer for tea treats. If we have company, all well and good as far as the cookie supply is concerned but if we do not entertain then there could be just too many temptations in the pantry if I baked full batches of the varieties as I did in the past. In this chapter I have decided to share recipes for cookies which we like and for which the dough can be frozen and baked at your leisure. My favorite cookie-dough-in-freezer cookie is an old-fashioned cookie known as a ranger cookie, the recipe for which can be found in *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*, volume I, pp. 290-91, and simple rolled sugar cookies, which can be found in volume II, p. 697. I also stick a batch of whole wheat snickerdoodles in the freezer. This American cookie has a long history of popularity, popularity that continues today. Although called an American cookie, I speculate its origins may well go back to The Netherlands or Germany. It first appeared in American cookbooks published in the early 1800s from the Hudson Valley region of New York State and from Southeastern Pennsylvania.

The dough mixtures for these cookies are prepared in October and frozen giving me a feeling of being prepared. Several other doughs will follow, recipes I prepare through the fall while I am preparing dinner and have a little extra time.

Sometimes I make my German great-grandmother's anise cookies, which were thick and always frosted and consumed by the hundreds in every household in our extended family; my mother was still baking them when she was 100. The anise cut-out sugar cookie below evolved when I decided to cut back on my grandmother's recipe because I was finding it increasingly difficult to find anise oil; anise extract is too weak for those German anise cookies. Adding a small amount of



anise oil to my sugar cookie recipe kept the memory alive. My rolled sugar cookie dough could be frozen allowing me to do a few cut-out cookies as I needed them instead of turning a whole day over to making Grandma's anise cookies that eventually filled a kettle in the pantry room.

Refrigerator cookies are always a good choice since the rolls of dough can just as easily be frozen. I always make a simple butterscotch refrigerator cookie. The Canadian caramel refrigerator cookie included here is a favorite. I have also included a recipe for peanut butter refrigerator cookies. Sliced refrigerator cookies can be shaped freestyle using a knife or with a cookie cutter. I always shape the butterscotch/caramel cookies with a leaf-shaped cookie cutter, not necessarily a maple leaf . . . The last cookies to be made are meringue cookies like chocolate-nut puffs or coconut kisses, illustrated below. These are the made-from-scratch cookies made on that December cookie day when the frozen doughs come out of the freezer and cookie tins are open, ready and waiting. See how quickly we are up to six or seven different cookies?



## CANADIAN CARAMEL REFRIGERATOR COOKIES WITH WALNUTS

TPT - 4 hours and 52 minutes;  
1 hour = first dough chilling period;  
3 hours = second dough chilling period

*The taste of butterscotch and caramel is so satisfying . . . I have searched the cuisines of the world for the perfect butterscotch cookie recipe and, as a consequence, there are many delicious butterscotch cookies in my recipe collection. This is, however, the only butterscotch cookie recipe and the only refrigerator cookie recipe into which I put nuts. I think you will find the subtle taste of black walnut is entirely unique.*

**1 1/2 cups whole wheat flour**

**1 1/2 cups unbleached white flour**

**1/2 teaspoon baking soda**

**1/8 teaspoon baking powder**

**1/2 cup (1 stick) sweet (*unsalted*) butter—softened to room temperature**

**1 cup firmly packed *light* brown sugar**

**2 tablespoons water**

**1/2 cup chopped walnuts—*toasted***

**1/4 cup fat-free pasteurized eggs (the equivalent of 1 egg)**

**1 tablespoon pure vanilla extract**

**1/2 teaspoon black walnut flavoring**

**1 tablespoon *boiling* water**

Prepare two cookie sheets by lining with culinary parchment paper.

Sift whole wheat and white flours with baking soda and baking powder. Set aside.

Put butter into the mixing bowl of the electric mixer.



Prepare caramel by combining brown sugar and water in a 2-quart non-stick-coated saucepan set over *MEDIUM-HIGH* heat. Cook, stirring constantly with a wooden spoon, until the sugar comes to a full, foaming boil. Boil for 3 minutes, timing from the moment that the sugar syrup begins to boil. *Stir constantly*, scraping the bottom of the pan to prevent the caramel from burning.\* *Quickly* pour all but about 1/4 cupful of caramel over the butter. Stir caramel and butter together until butter is partially melted and the two are well-combined.

Return saucepan with reserved 1/4 cupful caramel to the heat and add *toasted* walnuts. Stir to coat the walnuts. *Remove from heat*. Add the 1 tablespoonful *boiling* water. Stir to loosen caramelized walnuts from bottom of the saucepan. Set aside briefly.

Using an electric mixer, beat the caramel–butter mixture until the butter is completely melted and the mixture has cooled to warm.

Add pasteurized eggs, vanilla extract, and black walnut flavoring. Beat until well-blended. Add about *one-half* of the dry ingredient mixture and beat until well-blended. *Remove from mixer*.

Add remaining dry ingredients and caramelized walnuts. Using a spoon, stir ingredients together.

Refrigerate for at least 1 hour to make dough easy to handle.

Divide dough into 3 balls. Working quickly, roll dough into 1 1/2-inch cylinders. Wrap each tightly in plastic wrap or waxed paper, if preferred. Tightly twist ends. Refrigerate or freeze for at least 3 hours.

Preheat oven to 325 degrees F.

Slice chilled or frozen cylinders of dough into 1/4-inch slices. Space 1 inch apart on prepared cookie sheets.

Bake in preheated 325 degree F. oven for about 12 minutes, or until *lightly browned* around edges. Remove from oven and allow to cool for a minute or two on top of the stove before removing to a wire rack to cool thoroughly.

Store in an airtight container or plastic bag.

Yields approximately 45 cookies

Notes: \*Be very careful when stirring and pouring the hot caramel. It can cause serious burns.

A supply of this dough in the freezer can be a great convenience.

1/45 SERVING (i. e., per cookie) –  
PROTEIN = 1.4 g.; FAT = 3.3 g.; CARBOHYDRATE = 11.2 g.;  
CALORIES = 79; CALORIES FROM FAT = 38%



## CHOATS

TPT - 1 hour

*Choats sounded like so much more fun than Chocolate-Oat Drop Cookies.*

|  |   |
|--|---|
| <b>1/2 cup whole wheat flour</b>                             | <b>1/4 cup fat-free pasteurized eggs (the equivalent of 1 egg)</b>        |
| <b>1/3 cup unbleached white flour</b>                        | <b>2 tablespoons water</b>  |
| <b>1 tablespoon soy flour</b>                                | <b>1 teaspoon pure vanilla extract</b>                                    |
| <b>1 1/2 teaspoons baking powder</b>                         |   |
| <b>1/2 cup (1 stick) butter—softened to room temperature</b> | <b>2 cups rolled oats—old-fashioned or quick-cooking, but not instant</b> |
| <b>3/4 cup sugar</b>   |   |
| <b>1/4 cup unsweetened cocoa powder</b>                      |   |

Preheat oven to 350 degrees F. Prepare cookie sheets by coating with non-stick lecithin spray coating or by oiling.

Sift whole wheat, white, and soy flours with baking powder. Set aside.

Using an electric mixer or food processor fitted with steel knife, cream butter, sugar, and cocoa until light and fluffy. Beat in pasteurized eggs, water, and vanilla until again light and fluffy.

In a large mixing bowl, using a wooden spoon, gradually stir sifted ingredients into creamed ingredients until thoroughly combined. Stir in rolled oats.

Drop heaping teaspoonfuls 2 inches apart on prepared cookie sheets. Bake in preheated 350 degree F. oven for about 11-12 minutes, or until top springs back when lightly pressed.

Remove to wire rack to cool completely. Store in an airtight plastic bag or tin.



Yields about 48 cookies

Note: This dough freezes well.

1/48 SERVING (i. e., per cookie) –  
PROTEIN = 1.9 g.; FAT = 2.4 g.; CARBOHYDRATE = 8.6 g.;  
CALORIES = 62; CALORIES FROM FAT = 35%

## PEANUT BUTTER REFRIGERATOR COOKIES

TPT - 5 hours and 7 minutes;  
1 hour = first dough chilling period;  
3 hours = second dough chilling period

*The convenience of refrigerator cookies is a lesson I learned a long time ago when our daughter brought home friends, when we were teaching in-service courses to teachers at the end of the teaching day, when meetings I called needed a nicety, or when we just wanted a dessert. These peanut butter cookies also added legume protein to a take-to-work supper or a divinely relaxing picnic at the beach or in the woods.*

|   |  |
|---|--|
| <b>1 cup whole wheat flour</b>                              | <b>1/2 cup smooth, freshly ground, unsalted, additive-free peanut butter—brought to room temperature</b> |
| <b>1 cup unbleached white flour</b>                         | <b>1 teaspoon pure vanilla extract</b>   |
| <b>1/4 teaspoon baking soda</b>                             | <b>1/4 cup fat-free pasteurized eggs (the equivalent of 1 egg)</b>                                       |
| <b>1 cup (2 sticks) butter—softened to room temperature</b> |  |
| <b>3/4 cup sugar</b>  |  |

Sift whole wheat and white flours with baking soda. Set aside.

Using an electric mixer or food processor fitted with steel knife cream butter until light and fluffy. Add sugar and again cream until light. Add peanut butter and cream again until light.

Add vanilla and pasteurized eggs. Beat until well-combined. Gradually beat in sifted dry ingredients until again well-combined. Refrigerate for at least 1 hour to make dough easy to handle.

Divide dough into 3 balls. Working quickly, roll dough into 1 1/2-inch cylinders. Wrap each tightly in plastic wrap or waxed paper. Tightly twist ends. Refrigerate or freeze for at least 3 hours.

Preheat oven to 325 degrees F. Prepare cookie sheets by spraying with non-stick lecithin spray coating.

Slice chilled or frozen cylinders of dough into 1/4- or 1/2-inch slices. Space 2 inches apart on prepared cookie sheets.\*

Bake in preheated 325 degree F. oven for about 10-12 minutes, or until *lightly browned* around edges. Remove from oven and allow to cool for a minute or two on top of the stove before removing to a wire rack to cool thoroughly.

Store in an airtight container or plastic bag.

Yields approximately 50 cookies

Note: \*To keep cookies from spreading too much as they bake, especially if you cut them into shapes with cookie cutters, be sure to keep the dough chilled and let the cookie sheets cool to room temperature between batches.

A supply of this dough in the freezer can be a great convenience.

1/50 SERVING (i. e., per cookie) –  
PROTEIN = 1.3 g.; FAT = 4.8 g.; CARBOHYDRATE = 7.5 g.;  
CALORIES = 77; CALORIES FROM FAT = 56%



## ROLLED ANISE SUGAR COOKIES

TPT - 1 hour and 34 minutes;  
30 minutes = chilling period

*One of the surviving animal sacrifice ceremonies in our sophisticated world is the making of cut-out cookies in the shapes of animals. It is really not such an upsetting concept when such a concept survives as my favorite sugar cookies. I have always made cut-out sugar cookies – for Christmas and Easter, for birthday parties, for graduation parties, for housewarmings, or whenever someone asks me to. The traditional Christmas cut-out cookie in my family is a German anise cookie, also either in the shape of animals or with an imbedded animal pattern made with a traditional stamp. One November day I decided to combine the traditions and create a new one by using oil of anise in my sugar cookies.*

**1 1/2 cups unbleached white flour**

**1 cup whole wheat flour**

**2 teaspoons baking powder**

**1/2 cup (1 stick) butter—softened to room temperature**

**3/4 cup sugar**

**1/2 cup *fat-free* pasteurized eggs (the equivalent  
of 2 eggs)**

**1 1/4 teaspoons oil of anise\***

**More unbleached white flour, as needed, during  
kneading and rolling**

**1/4 cup brown demerara sugar\*\***

Prepare cookie sheets by lining with culinary parchment paper.\*\*\*

Sift white and whole wheat flours with baking powder. Set aside.

Using the electric mixer, cream butter until light and fluffy.\*\*\*\* Add 3/4 cupful sugar and continue to cream until again light.

Add pasteurized eggs and oil of anise.\*\*\*\* Beat until smooth.

Gradually beat in sifted ingredients until a smooth dough results. Divide dough in half. Wrap each portion tightly in plastic wrap or waxed paper and freeze for about 30 minutes to make dough easier to handle.\*\*\*\*\*

Preheat oven to 350 degrees F.

Unwrap chilled dough and knead lightly on floured surface. Using a covered rolling pin, roll dough to about 1/8 inch thickness. Using floured cookie cutters, cut out cookies. With a spatula, transfer cookies to prepared cookie sheets. Sprinkle some of brown demerara sugar over each cookie; press granules gently into dough.

Bake one cookie sheetful at a time in preheated 350 degree F. oven for 7-8 minutes, being watchful to prevent excessive browning. Transfer to a wire rack to cool completely. Store in airtight container or plastic bag.

Yields about 60 cut-out cookies

Notes: \*Oil of anise is available from baking and restaurant supply firms and from pharmaceutical supply houses. It is expensive but worth the cost. You may have to experiment with the amount which satisfies your taste. Pure anise extract, even in quantities as high as 6 tablespoonsfuls, does not give a satisfactory result, in our opinion.

\*\*Brown demerara sugar is an amber, large-crystal sugar which does not melt away during baking, as do refined sugars, giving a gorgeous golden crystalline topping to baked goods. It is available from mail order baking firms.

\*\*\*Culinary parchment paper for baking is now generally available in grocery stores. Lining baking sheets and pans with parchment paper, instead of greasing, buttering, or oiling, not only protects your baking sheets from scorching, it encourages the even browning of cookies, scones, cakes, etc.

\*\*\*\*Oil of anise can cause damage to plastic surfaces such as that of the food processor work bowl.

\*\*\*\*\*If convenient, this dough may be left frozen for several months until required. Defrost in refrigerator before proceeding.

To prepare REFRIGERATOR ANISE SUGAR COOKIES instead of cut-out cookies, roll dough into 1 1/2-inch cylinders before freezing. Slice into 1/8-inch slices, press in sugar, and bake.

1/60 SERVING (i. e., per cookie) –  
PROTEIN = 0.8 g.; FAT = 1.6 g.; CARBOHYDRATE = 7.6 g.;  
CALORIES = 47; CALORIES FROM FAT = 31%



*Busy days, cool evenings . . .*

*How would a skillet meal and a salad fit into your plans?*

*Next month do stop by for some skillet meal ideas from around the world.*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

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