

Family Food Wars

CHALLENGE	Create a cookie recipe from scratch	Clues and Steps	↓
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CakebyCourtney.com

Step 1: Pick a flavor profile

Step 2: Decide on the texture (i.e. cake-like, crispy, chewy, soft, thick, thin, etc.)

CLUE: for chewy cookies, consider using more brown sugar

CLUE: for soft, cake-like cookies, consider using more granulated sugar

Step 3: Pick a fat (i.e. you can use butter, shortening, nut butters)

CLUE: melted butter will make your cookies flatter

CLUE: cold butter will help your cookies keep their shape

CLUE: if you add nut butters, consider using less butter or shortening

Step 4: Choose your sugar(s)

CLUE: check step 2 for how brown sugar and granulated sugar affect texture

Step 5: Decide on the amount of eggs and leavening agents

CLUE: what do eggs do in cookies? Whole eggs help raise cookies, bind ingredients and add moisture. Egg whites will make a crispier cookie.

CLUE: you need about 1/2 to 1 teaspoon of leavening agent for one cup flour. Use baking soda if there's an acidic element in the recipe or use both baking soda and baking powder if there isn't.

Step 6: Add extracts or emulsions

CLUE: think about the flavor profile you're going with and choose something that would enhance or complement those flavors.

Step 7: Choose your flour

CLUE: All-purpose is the most common

CLUE: You need more flour than sugar

Step 8: Choose your mix-ins

CLUE: cookies generally don't need more than 8 minutes to bake and can be baked at 325-375 degrees.