Seven Basic Ingredients

Unit: Culinary Arts & Hospitality Problem Area: Food Lab Skills

Lesson: Seven Basic Ingredients

Student Learning Objectives. Instruction in this lesson should result in students achieving the following objectives:

1 Summarize the seven basic ingredients and their variations.

2 Describe the seven basic ingredients' role in the baking process.

Resources. The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <u>http://www.mycaert.com</u>. "Baking Ingredients," *Fleischmann's Bread World*. Accessed Oct. 26, 2019. <u>http://www.breadworld.com/education/baking-ingredients/</u>.

- Labensky, Sarah R. and Alan M. Hause. On Baking: A Textbook of Baking and Pastry Fundamentals, 4th ed. Pearson, 2006.
- Labensky, Sarah R. and Alan M. Hause. On Cooking: A Textbook of Culinary Fundamentals, 4th ed. Pearson, 2007.

McGraw-Hill Education. (2016). Culinary essentials. Columbus, OH.



Equipment, Tools, Supplies, and Facilities

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- \checkmark Computers with printers and Internet access
- ✓ Classroom resource and reference materials

Key Terms. The following terms are presented in this lesson (shown in bold italics):

- baking powder
- baking soda
- bread flour
- brown sugar
- cake flour
- confectioner's sugar
- corn syrup
- crumb
- extracts
- gluten
- honey
- leavening agent
- maple syrup
- ▶ margarine
- molasses
- ► oil
- pastry flour
- shortening
- spices
- staling
- turbinado sugar
- vegetable shortening
- wheat flour
- yeast

Interest Approach. Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Ask students if they have ever baked something before. Have them describe their feelings and experiences baking. Have students share their responses with

the class. As a class have students make a list of what ingredients they think go into making cookies. Give them the example of chocolate chip cookies. Make a list of the ingredients the class comes up with on the board. Then ask the class if they know what each ingredient does for that cookie. Ask questions like, "which ingredient do you think makes the cookie brown?" "Which ingredient(s) do you think makes the cookie taste good?" etc.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Summarize the seven basic ingredients and their variations.

Anticipated Problem: What are the seven basic ingredients?

- I. Basic Ingredients
 - A. From a simple list of ingredients such as flour, liquids, fat, sugar and sweeteners, eggs, leavening agents, and flavorings, you can make and endless variety of baked goods.
 - 1. FLOUR
 - a. Wheat flour is the most common type of flour used in baking.
 - b. **Bread flour** is used to make yeast breads, pizza and bagels and has a high protein content.
 - c. **Cake flour** has a lower protein content than bread flour and pastry flour. Cake flour is used to produce nice, delicate cakes.
 - d. **Pastry flour** has a protein content that is between that of bread flour and cake flour and is used to make pie dough, cookies, muffins and quick breads. It can be used to make cakes only if cake flour is unavailable.
 - 2. LIQUIDS
 - a. Liquids are an essential part of baking. The most common liquids used in baking are water, milk and cream. Liquids can also be found in eggs, sugar syrups and butter.
 - b. Accurate measurement of liquids is important because too much or too little can affect the outcome of the baked product.
 - c. Water: water is the most common liquid ingredient used in baking, especially for breads.
 - d. Milk and cream: Milk is another important liquid ingredient. Its protein, fat, and sugar content make it a valuable addition to baked products, ice creams, and custards.
 - e. Dried milk solids: since milkfat can reduce milk's shelf life, dried milk solids are usually purchased as nonfat dry milk. Nonfat dry milk can be

reconstituted with water or used dry. If kept dry, it is easier to use and can be stored without refrigeration. You can sift nonfat dry milk with other dry ingredients or mix it with shortening, before you add the water separately.

- f. Dairy products such as buttermilk, heavy cream, yogurt and sour cream are also used in the bakeshop as liquids. Cream is used as a liquid in custards, sauces, and ice creams.
- 3. FAT
 - a. In baking, solid fats are referred to as **shortening**. The most common types of fat used in the bakeshop include all-purpose shortening, emulsified shortening, oil, butter and margarine.
 - b. Vegetable shortening: when most people hear the word shortening, they think of a solid, white, flavorless fat used for baking. Vegetable shortening, is made from purified oils that have been hydrogenated to make them solid and less likely to become rotten. Vegetable shortening has a fairly high melting point, which makes it ideal for forming flaky pie doughs. It is also a good choice for frying and for making cookies and cakes.
 - c. Emulsified shortening: some shortening contains emulsifiers and these shortenings are also called high-ratio shortenings because they allow the baker to add a high ratio of water and sugar to a cake or icing. High-ratio shortenings look like creamy oils and some cake formulas are designed to use these liquid shortenings. Other fats cannot replace high-ratio liquid shortenings because of their unique characteristics.
 - d. Oil: an **oil** is a fat that is extracted from plants such as soybeans, corn, peanuts, and cottonseed. Oil is liquid at room temperature and neutral in flavor and color because they are highly refined.
 - e. Butter: butter can be purchased with or without salt and unsalted butter is used in baking because of its pleasant flavor.
 - f. Margarine: *margarine* is typically a hydrogenated vegetable oil that has color, flavor, and water added. Margarines have improved over the years and while they cannot match butter's superior flavor, they are less likely to spoil and are usually lower in saturated fat. Margarines, like butter, can be purchased either salted or unsalted.
- 4. SUGAR AND SWEETENERS
 - a. Sugar is produced from sugarcane or sugar beets. The cane or beet is crushed to extract the juice. The juice is then filtered and gently heated to evaporate the water. Through a series of heat-induced steps, the sugar is crystalized or turned into crystals, and separated from the dark, thick, molasses that forms. It must be refined to produce sugar grains of different sizes. Various sugars and sweeteners are used in the bakeshop.
 - b. **Molasses** is the thick, sweet dark liquid made from sugarcane juice. There are many grades of molasses available. Premium grades have a goldenbrown color and a mild, sweet flavor. Lower grades are typically darker in color with a less sweet, stronger flavor. This stronger color and flavor is often desirable in baked products.

- c. **Brown sugar** is a soft-textured mixture of white sugar and molasses. It can be light or dark in color. Store brown sugar in air-tight containers to prevent moisture absorption.
- d. **Turbinado sugar** is raw sugar that has been steam-cleaned. Its coarse crystals are blond colored and have a delicate molasses flavor. Turbinado sugar is used in some baked products and beverages.
- e. Coarse sugar, also known as sanding sugar, consists of large, coarse crystals that do not dissolve easily. It is used to decorate items such as doughnuts or cakes.
- f. Granulated sugar is regular table sugar and often referred to as extra fine white sugar. It is the most common sugar used in the bakeshop and can be used in cooked icings, candies, and other baked products.
- g. **Confectioner's sugar**, also known as powdered sugar, is granulated sugar that has been crushed into a fine powder. Confectioner's sugar also contains about 3% cornstarch, which helps keep the sugar from clumping. It is often used in uncooked icings and glazes and as a decorative dusting on baked products.
- h. Superfine sugar is more finely granulated than regular white sugar. As a result, it dissolves almost instantly. Superfine sugar is perfect for making sweetened cold liquids and egg white meringues less gritty.
- i. **Corn syrup** is produced from the starch in corn. The starch granules are removed from corn kernels and treated with acids or enzymes to create a thick, sweet syrup.
- j. *Maple syrup* is made from the sap of a maple tree. Syrups are graded according to their color and flavor. The lighter and milder the syrup, the higher grade it will receive.
- k. **Honey** is a thick, sweet liquid made by bees from flower nectar. The type of flower affects the final flavor and color of the honey. Honey is widely used in baked products and should be stored in a cool, dry place
- 5. EGGS
 - a. Eggs are the second most important ingredient in baked products.
 - b. Eggs come in a variety of sizes and formulas listing the amount of eggs by number instead of weight have based the formula on large eggs, which weigh about 2 ounces each.
 - c. Bakeshops use egg yolks instead of whole eggs when they want a richer, more tender product. They also use egg white in place of whole eggs when they bake low-fat products.
 - d. Shell eggs and egg products, such as liquid frozen eggs, dried eggs and liquid refrigerated eggs are used in baking.
- 6. LEAVENING AGENTS
 - a. A *leavening agent* is a substance that causes a baked product to rise by introducing carbon dioxide or other gases into the mixture. The main leavening agents are air, steam, baking soda, baking powder and yeast.

- b. Air is an important leavening agent in all baked products, since air is adding during the mixing process. Angel food cake is a good example of a baked product that relies on air as a leavening agent. [For example: You can add air to a mixture by whipping egg whites.]
- c. Steam is another important leavening agent and is created during the baking process when water evaporates to steam and expands. Since water in one form or another is in all baked products, steam is an important leavening gas. It is especially important to items such as puff pastries and croissants.
- d. **Baking soda** or sodium bicarbonate, is a chemical leavening agent that must be used with acid to give off carbon dioxide gas. There are many sources of acid used in baking, such as buttermilk, sour cream, yogurt; fruits and fruit juices; most syrups, including honey and molasses; and chocolate. [NOTE: mix baking soda thoroughly or it will leave an unpleasant flavor.]
- e. **Baking powder** is made up of baking soda, an acid such as cream of tartar, and a moisture-absorber such as corn starch. When mixed with a liquid, baking powder releases carbon dioxide. The type used in the bakeshop is double-acting, meaning that when it first comes in contact with moisture it gives off carbon dioxide and then when it comes in contact with heat, it gives off more. Baking powder is used in cakes, cookies, muffins and quick breads.
- f. **Yeast** is a living organism. The types of yeast most commonly used in bakeshops are compressed yeast, dry active yeast and quick-rise dry yeast.
- 7. FLAVORINGS
 - a. *Extracts* are liquid flavorings that contain alcohol.
 - b. **Spices** come from the bark, roots, flower buds, berries, or seeds of aromatic plants or trees. Ground spices release flavor quickly and are often purchased in quantities that can be used within three months. The flavor of whole spices comes out over long cooking periods such as those used in baking. Spices should be used carefully so that they do not overpower the food. Some common spices used frequently in baking include: allspice, anise, cinnamon, cloves, ginger and nutmeg.
- B. Use exact ingredients

Baking, unlike cooking, leaves little margin for error. You cannot just substitute the same amount of cake flour for bread flour and expect to come up with the same end results. To become a successful baker, you must understand how key ingredients work together. Baking formulas have been developed using exact types of ingredients. If the formula is not followed precisely, the product's texture and taste will be affected.

Teaching Strategy: Many techniques can be used to help students master this objective. Use VM–A through VM–F to facilitate a discussion of the seven basic ingredients used in baking.

Objective 2: Describe the seven basic ingredients' role in the baking process.

Anticipated Problem: What function do each of the seven basic ingredients do for baked products?

- II. Functions of ingredients
 - A. Ingredients are more than just parts of a baking formula, they add flavor, texture, and visual appeal to all types of baked products.
 - 1. FLOUR:
 - a. The proteins and starch in flour give products structure.
 - b. *Gluten* is a firm, elastic substance that affects the texture of baked products. The higher a flour's protein content, the more potential it has to form gluten. Gluten is the substance that makes bread dough strong and elastic, without gluten you could not stretch the dough and hold in the gases that make it rise. The dough would collapse, resulting in poor volume and a coarse crumb. The *crumb* is the internal texture of a baked product.
 - 2. LIQUIDS:
 - a. Liquids such as water, milk and cream have many uses in baking besides moistening dry ingredients.
 - b. Water is necessary for gluten structure to form in flour. Since water is tasteless, odorless, and colorless, it does not affect the flavor or color of baked products and it also adds zero fat or calories.
 - c. Milk can provide some improvements such as: creating a soft crust on items such as cream puffs or eclairs; adding more color or flavor to crusts when it is applied to the surfaces of the baked product; extending shelf life by delaying staling. *Staling* is the process by which moisture is lost, causing a change in the texture and aroma of food. Staling causes the crumb to be dry and the crust to become soft and moist.
 - 3. FATS:
 - a. During the baking process, fats surround, or enclose, the flour particles and prevent long strands of gluten from forming. This will tenderize the baked product.
 - b. Fats also add to the flavor, moistness, browning, flakiness, and leavening, depending on the type of fat used.
 - 4. SUGARS AND SWEETENERS: Sugars and sweeteners add a sweet, pleasant flavor to baked products, however flavor is not their only contribution, or role, in baking. The other functions of sugars and sweeteners include:
 - a. Creating a golden-brown color
 - b. Stabilizing mixtures such as beaten egg whites for meringue.
 - c. Providing food for yeast in yeast breads.
 - d. Retaining moisture for a longer shelf life.

- e. Tenderizing baked products by weakening the gluten strands and delaying the action of other structure builders such as egg protein.
- f. Serving as a base for making icings.
- 5. EGGS: Eggs serve the following functions during baking:
 - a. Structure—because of the protein content, eggs give structure to baked products such as cakes. They also help thicken some products such as custard sauces.
 - b. Emulsification—egg yolks have natural emulsifiers that help blend ingredients smoothly.
 - c. Aeration—beaten or whipped eggs assist in leavening because they trap air that expands when heated, causing baked products to rise.
 - d. Flavor-eggs add a distinct flavor to baked products.
 - e. Color—egg yolks add a rich, yellow color to baked products and crusts.
- 6. LEAVENING AGENTS: Leavening agents cause a baked product to rise by the gases they release during the baking process causing the cell walls in the baked product to stretch. The end result is a light, tender texture and good volume.
- 7. SALT AND FLAVORINGS
 - a. Salt has an important role in baking, Salt enhances the product through its own flavor as well as bringing out the flavor of other ingredients. Salt also acts on gluten and results in an acceptable texture. A certain amount of salt is also necessary to slow down or control fermentation in yeast products. However, salt can negatively react in baked goods if it is not measured accurately or if it is added at the wrong point in the mixing process.
 - b. Although flavorings do not usually influence the baking process, they do enhance the flavor of the final baked product. Spices for example add to the flavor, color or aroma to baked products.

Teaching Strategy: Many techniques can be used to help students master this objective. Use VM–A through VM–F to facilitate a discussion of the functions of bakeshop ingredients. Assign LS–A.

Review/Summary. Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.

Application. Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.

Evaluation. Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

Answers to Sample Test:

Part One: Matching

- 1. e
- 2. f
- 3. c
- 4. b
- 5. a
- 6. d

Part Two: Completion

- 1. Shortening
- 2. Baking soda
- 3. Extracts
- 4. Spices
- 5. Staling
- 6. Yeast

Part Three: Short Answer

- 1. Answers may vary and would be similar to the following. Baking, unlike cooking, leaves little margin for error. You cannot just substitute the same amount of cake flour for bread flour and expect to come up with the same end results. To become a successful baker, you must understand how key ingredients work together. Baking formulas have been developed using exact types of ingredients. If the formula is not followed precisely, the product's texture and taste will be affected.
- 2. Answers may vary and would be similar to the following. *Staling* is the process by which moisture is lost, causing a change in the texture and aroma of food. Staling causes the crumb to be dry and the crust to become soft and moist. Milk can provide some improvements such as: creating a soft crust on items such as cream puffs or eclairs; adding more color or flavor to crusts when it is applied to the surfaces of the baked product; extending shelf life by delaying staling

Name _____

Sample Test

Seven Basic Ingredients

Part One: Matching

Instructions: Match the term with the correct definition.

- a. molasses
- b. baking powder

- d. gluten
- e. honey

c. oil

- f. cake flour
- ___1. A thick, sweet liquid made by bees from flower nectar
- 2. Has a lower protein content than bread flour and pastry flour. Cake flour is used to produce nice, delicate cakes
- 3. A fat that is extracted from plants such as soybeans, corn, peanuts, and cottonseed
- 4. Made up of baking soda, an acid such as cream of tartar, and a moisture-absorber such as corn starch
- 5. The thick, sweet dark liquid made from sugarcane juice
- 6. A firm, elastic substance that affects the texture of baked products

Part Two: Completion

Instructions: Provide the word or words to complete the following statements.

- 1. In baking, solid fats are referred to as _____.
- 2. _____ or sodium bicarbonate, is a chemical leavening agent that must be used with acid to give off carbon dioxide gas.
- 3. ______ are liquid flavorings that contain alcohol.
- 4. _____ come from the bark, roots, flower buds, berries, or seeds of aromatic plants or trees.



- 5. ______ is the process by which moisture is lost, causing a change in the texture and aroma of food.
- 6. _____ is a living organism.

Part Three: Short Answer

Instructions: Answer the following.

1. Describe why using exact and precise ingredients is critical in baking.

2. Describe the staling process in baked products.

FLOURS

- Wheat flour is the most common type of flour used in baking.
- Bread flour is used to make yeast breads, pizza and bagels and has a high protein content.
- Cake flour has a lower protein content than bread flour and pastry flour. Cake flour is used to produce nice, delicate cakes.
- Pastry flour has a protein content that is between that of bread flour and cake flour and is used to make pie dough, cookies, muffins and quick breads.



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FATS

The most common types of fat used in the bakeshop include all-purpose shortening, emulsified shortening, oil, butter and margarine. During the baking process, fats surround, or enclose the flour particles and prevent long strands of gluten from forming. This will tenderize the baked product. Fats also add to the flavor, moistness, browning, flakiness, and leavening, depending on which type of fat is used.



SUGARS AND SWEETENERS

There are a variety of sugars and sweeteners used in baking, such as, molasses, brown sugar, granulated sugar, confectioner's sugar, syrups and honey. Sugars and sweeteners add a sweet, pleasant flavor to baked products, however flavor is not their only contribution, or role, in baking. The other functions of sugars and sweeteners include but not limited to: creating a goldenbrown color, stabilizing mixtures such as beaten egg whites for meringue, providing food for yeast in yeast breads, and serving as a base for making icings.



EGGS

Eggs are the second most important ingredient in baked goods. Eggs serve the following functions during baking:

- Structure
- Emulsification
- Aeration
- Flavor
- Color



LEAVENING AGENTS

A *leavening agent* is a substance that causes a baked product to rise by introducing carbon dioxide or other gases into the mixture. The main leavening agents are air, steam, baking soda, baking powder and yeast. Leavening agents cause a baked product to rise by the gases they release during the baking process causing the cell walls in the baked product to stretch. The end result is a light, tender texture and good volume.



FLAVORINGS

Extracts are liquid flavorings that contain alcohol. *Spices* come from the bark, roots, flower buds, berries, or seeds of aromatic plants or trees Although flavorings do not usually influence the baking process, they do enhance the flavor of the final baked product. Spices for example add to the flavor, color or aroma to baked products.



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Ingredient Function Experiment

Purpose

The purpose of this activity is to prepare chocolate chip cookie variations to evaluate the function of the ingredients and how they alter the end result.

Objectives

- 1. Research the seven basic ingredients and their functions.
- 2. Make predictions based on appearance, texture and taste.
- 3. Plan, prepare and evaluate chocolate chip cookies.
- 4. Present your cookie variation to the class.
- 6. OPTIONAL: Take pictures of the cookie variations for your culinary arts portfolio.

Materials

- Iab sheet with prediction and evaluation table
- recipe sheet for your assigned cookie variation
- device with Internet access
- ingredients and equipment (as needed to prepare your cookie variation

Procedure

- 1. Work with a small group to complete this lab activity. Review your class notes about the seven basic ingredients and their functions.
- 2. Choose a cookie variation from your instructor that you and your group will plan, prepare and evaluate. The cookie variations are as follows:
 - a. Control Recipe (standard chocolate chip recipe)
 - b. All granulated sugar variation
 - c. All brown sugar variation



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LS-A

- d. Melted butter variation
- e. Shortening variation
- f. More flour variation
- 3. Using classroom standard practices, plan for the preparation of the chocolate chip cookies. Have your instructor approve the lab plans.
- 4. Conduct mise en place. As directed, prepare and bake the chocolate chip cookie. Follow standard safety and sanitation rules. While cookies are baking, complete your prediction table.
- 5. Remove cookies from the oven. Follow recipe instructions for cooling. Complete cookie evaluation table.
- 6. Prepare a 3-minute presentation of your cookie variation, with your predictions and evaluation results.
- 7. Finally, present your predictions, cookies and evaluation to the class.
- 8. Turn your completed lab sheet, prediction and evaluation sheet in to your instructor.
- 9. OPTIONAL: Take pictures of your cookie variation for your culinary arts portfolio.

Cookie Variation Predictions

Cookie Baker: _____ Date: _____

Write your predictions below based on appearance, texture and taste for each cookie variation.				
Cookie Variation	Overall Predictions for the End Result (Predict the Appearance, Texture and Taste)			
#1 Control Recipe				
#2 All granulated sugar variation				
#3 All brown sugar variation				
#4 Melted butter variation				
#5 Shortening variation				
#6 More flour variation				

Student Evaluation

Cookie E	Baker:
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Date:

(4) — Excellent; (3) — Good; (2) — OK; (1) — Not Good

Cookie Variation	Appearance	Texture	Taste	Total	What impact did this ingredient have on the end result?
#1 Control Recipe					
#2 All Granulated Sugar					
#3 All brown sugar					
#4 Melted butter					
#5 Shortening					
#6 More flour					

Write a brief summary of your evaluation ratings and include your evaluation of which ingredient you felt had the largest impact on the overall cookie and why.

Ingredient Function Experiment

- 1. This lab is adapted from "The Ultimate Guide to Chocolate Chip Cookies" on Handle the Heat website at <u>https://www.handletheheat.com/2013/07/the-ultimate-guide-to-chocolate-chip-cookies.html</u>.
- 2. Assign a cookie variation recipe or allow student groups to choose which variation they want to prepare. Provide each group with a recipe of that variation and each student a copy of the lab sheet, prediction table and evaluation table.
- 3. While the cookies are baking, have students complete their prediction tables, students will be presenting their cookie variations to the class and allowing the class to try their variations for evaluation.
- 4. When cookies are baked and cooled, have each group present their cookie variation to the class and allow the class to test their cookies.
- 5. Have students evaluate each cookie using their evaluation tables after each presentation.

#1: CONTROL RECIPE

Nestle Tollhouse Chocolate Chip Cookies

YIELD: About 24 cookies

Ingredients:

- 1 cup plus 2 tablespoons all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 stick butter, at room temperature
- 1/4 cup plus 2 tablespoons granulated sugar
- 1/4 cup plus 2 tablespoons packed brown sugar
- 1/2 teaspoon vanilla
- 1 large egg
- 1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

In a medium bowl combine the flour, baking soda, and salt and mix with a whisk to prevent any clumps, set aside.

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In the KitchenAid mixer bowl, beat the butter, granulated sugar, and brown sugar until creamy, about 2 minutes. Add the egg and vanilla, beating well to combine, about 1 minute. Gradually beat in about $\frac{1}{2}$ the flour mixture, add in the rest and beat until combined. Stir in the chocolate chips with a spoon. Use cookie scooper to make 24 equal sized balls and place onto prepared baking sheets.

Bake for 9 to 11 minutes, or until golden brown. Cool for 2 minutes before sliding parchment paper to wire racks to cool completely.

#2: ALL GRANULATED SUGAR RECIPE

Nestle Tollhouse Chocolate Chip Cookies

YIELD: About 24 cookies

Ingredients:

1 cup plus 2 tablespoons all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 stick butter, at room temperature

³⁄₄ cup granulated sugar

1/2 teaspoon vanilla

1 large egg

1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

In a medium bowl combine the flour, baking soda, and salt and mix with a whisk to prevent any clumps, set aside.

In the KitchenAid mixer bowl, beat the butter and granulated sugar until creamy, about 2 minutes. Add the egg and vanilla, beating well to combine, about 1 minute. Gradually beat in about $\frac{1}{2}$ the flour mixture, add in the rest and beat until combined. Stir in the chocolate chips with a spoon. Use cookie scooper to make 24 equal sized balls and place onto prepared baking sheets.

Bake for 9 to 11 minutes, or until golden brown. Cool for 2 minutes before sliding parchment paper to wire racks to cool completely.

#3: ALL BROWN SUGAR RECIPE

Nestle Tollhouse Chocolate Chip Cookies

YIELD: About 24 cookies

Ingredients:

cup plus 2 tablespoons all-purpose flour
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 stick butter, at room temperature
 4 cup packed brown sugar teaspoon vanilla
 large egg

1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

In a medium bowl combine the flour, baking soda, and salt and mix with a whisk to prevent any clumps, set aside.

In the KitchenAid mixer bowl, beat the butter and brown sugar until creamy, about 2 minutes. Add the egg and vanilla, beating well to combine, about 1 minute. Gradually beat in about $\frac{1}{2}$ the flour mixture, add in the rest and beat until combined. Stir in the chocolate chips with a spoon. Use cookie scooper to make 24 equal sized balls and place onto prepared baking sheets.

Bake for 9 to 11 minutes, or until golden brown. Cool for 2 minutes before sliding parchment paper to wire racks to cool completely.

#4: MELTED BUTTER RECIPE

Nestle Tollhouse Chocolate Chip Cookies

YIELD: About 24 cookies

Ingredients:

1 cup plus 2 tablespoons all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 stick butter, at room temperature

1/4 cup plus 2 tablespoons granulated sugar

1/4 cup plus 2 tablespoons packed brown sugar1/2 teaspoon vanilla1 large egg1 cup semi-sweet chocolate chips

Directions:

Melt butter in microwave until just melted. Place in fridge to cool off a little but not let become solid.

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

In a medium bowl combine the flour, baking soda, and salt and mix with a whisk to prevent any clumps, set aside.

In the KitchenAid mixer bowl, **stir the melted butter and granulated sugar and brown sugar by hand and let sit for 5 minutes for the sugars to fully absorb the butter**. Add the egg and vanilla, beat well with KitchenAid mixer to combine, about 1 minute. Gradually beat in about ½ the flour mixture, add in the rest and beat until combined. Stir in the chocolate chips with a spoon. Use cookie scooper to make 24 equal sized balls and place onto prepared baking sheets.

Bake for 9 to 11 minutes, or until golden brown. Cool for 2 minutes before sliding parchment paper to wire racks to cool completely.

#5: SHORTENING RECIPE

Nestle Tollhouse Chocolate Chip Cookies

YIELD: About 24 cookies

Ingredients:

1 cup plus 2 tablespoons all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 c shortening

1/4 cup plus 2 tablespoons granulated sugar

1/4 cup plus 2 tablespoons packed brown sugar

- 1/2 teaspoon vanilla
- 1 large egg
- 1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

In a medium bowl combine the flour, baking soda, and salt and mix with a whisk to prevent any clumps, set aside.

In the KitchenAid mixer bowl, beat the **shortening**, granulated sugar, and brown sugar until creamy, about 2 minutes. Add the egg and vanilla, beating well to combine, about 1 minute. Gradually beat in about $\frac{1}{2}$ the flour mixture, add in the rest and beat until combined. Stir in the chocolate chips with a spoon. Use cookie scooper to make 24 equal sized balls and place onto prepared baking sheets.

Bake for 9 to 11 minutes, or until golden brown. Cool for 2 minutes before sliding parchment paper to wire racks to cool completely.

#6: MORE FLOUR RECIPE

Nestle Tollhouse Chocolate Chip Cookies

YIELD: About 24 cookies

Ingredients:

2 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 stick butter, at room temperature 1/4 cup plus 2 tablespoons granulated sugar

1/4 cup plus 2 tablespoons packed brown sugar

1/2 teaspoon vanilla

1 large egg

1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

In a medium bowl combine the *flour*, baking soda, and salt and mix with a whisk to prevent any clumps, set aside.

In the KitchenAid mixer bowl, beat the butter, granulated sugar, and brown sugar until creamy, about 2 minutes. Add the egg and vanilla, beating well to combine, about 1 minute. Gradually beat in about $\frac{1}{2}$ the flour mixture, add in the rest and beat until combined. Stir in the chocolate chips with a spoon. Use cookie scooper to make 24 equal sized balls and place onto prepared baking sheets.

Bake for 9 to 11 minutes, or until golden brown. Cool for 2 minutes before sliding parchment paper to wire racks to cool completely.

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