

# FOODS

## Project Resource - Recipes

### Food & You I

#### FAVOURITE CHIP COOKIES

##### INGREDIENTS:

175 mL	(3/4 cups)	soft margarine
325 mL	(1 1/3 cups)	brown sugar
2		eggs
5 mL	(1 tsp)	vanilla
375 mL	(1 1/2 cups)	flour
5 mL	(1 tsp)	baking soda
1 mL	(1/4 tsp)	salt
375 mL	(1 1/2 cups)	rolled oats
250 mL	(1 cup)	favourite chip (chocolate, butterscotch, white chocolate, etc.)



##### DIRECTIONS:

1. Preheat oven to 180°C (350°F).
2. Measure and cream margarine and sugar.
3. Add beaten eggs and mix well.
4. Add vanilla.
5. Add dry ingredients (flour, salt and baking soda) and mix well.
6. Add rolled oats, chips.
7. Drop by heaping teaspoons on a greased cookie sheet.
8. Bake 10 - 12 minutes. Let cool 5 minutes.
9. Remove from cookie sheet and cool on a rack.

Yield: 3 dozen



The time required for baking cookies may vary depending on the oven and cookie sheet. Increase/ decrease time accordingly.

##### STANDARDS FOR JUDGING COOKIES

30 pts for Appearance

25 pts for Texture

45 pts for flavor

This represents the General Score Card for Food items - keep in mind that judges will not give an actual score for your cookies, but will use this criteria to make a decision!

**TRY IT** with your foods group!

##### JUDGES WILL BE LOOKING FOR...

◆ **Size and shape** - uniform and characteristic of cookie type.

◆ **Baking** - even in color, top and bottom, and free from surface flour.

◆ **Texture** - characteristic of cookie type. Dropped cookies: soft, slightly moist, tender.

◆ **Flavor** - appetizing and not too strong.