

Cookies

May 2010

There were shortbread cookies made from Bob's Red Mill mix, Gingersnaps ~ from "scratch", two kinds of Snickerdoodles ~ also from "scratch", Peanut Butter Cookies and Lemon Bars ~ again from "scratch". There were also different kinds of packaged cookies: Lucy's, Pamelas, and others. So we had some yummy cookie treats to try.

Some of the suggestions for baking cookies are:

- Bake on a Silpat mat placed onto your cookie sheet – this helps keep the dough from spreading too much.
- For cookies that are rolled out and cut out, place the dough between two Silpat mats, or between two sheets of plastic wrap. The plastic wrap can also be moistened to help it from slipping around on the counter and also water can help spread out the cookie dough.
- Use a small ice-cream scoop with a lever to help release the dough onto your cookie sheet.
- Use an offset spatula, moistened, to help smooth the batter after dropping it onto the cookie sheet.
- Refrigerate, or even freeze the cookie dough before baking.
- Place cookie dough into those paper cupcake paper liners and then place onto the cookie sheet to help keep cookies from spreading too much.

Most cookie dough (and gluten-free batters in general) are better if you use a flour blend – not just one type of flour, such as rice flour, etc.,. By using a blend of flours you will end up with a better tasting item and the texture will be better. Combine rice flour, brown rice flour, tapioca flour, corn flour (cornstarch), sorghum flour, amaranth flour, potato flour, and even sweet potato flour! The packaged gluten-free flours are a blend, but you can make your own blend in a large container and keep on your shelf or in your refrigerator for convenience. (Check the particular flour package to see if it recommends refrigeration or not). Try some different flours to make the flour blend – you can find many "recipe" suggestions for flour blends in the various gluten-free cookbooks. We mentioned the Bette Hageman blend a few times during the meeting and that blend is included in the attachment. Also some of the recipes for the cookies we tasted at the meeting are included in the attachment being sent with this.

Also there was a suggestion to try the recipes on the Chex cereal boxes – there is a good bar cookie recipe they have listed on some. Or you can go to their website for a lot of recipe suggestions.

We all know that "gluten-free" usually means "more expensive" - - but if you shop at the Oriental food markets you can purchase some of the basic flours (such as rice flour, potato flour and tapioca flour) much more inexpensively. There are a few Oriental markets on Division in the 36th Street to 44th Street area.

Making cookies at home "from scratch" is less expensive and they freeze well, so give it a try!