**Lab: Oatmeal Cookies**

Oven Temperature: 375 F Name: KEY

Cooking Time: 10 -12 minutes Lab Duty:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: 18-20 cookies Partner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Product Standards**1. Golden brown
2. Uniform size
3. Springs back when lightly touched
 | **Reminders**1. Measure brown sugar before margarine.
2. Use large bowl for creamed mixture (will put dry into wet).
3. Offset rows of cookies to make fit.
 |
| **Ingredients:****125 ml** margarine**125 ml** brown sugar**1** egg**5 ml** vanilla (measure over a small bowl)**100 ml** whole wheat flour**125 ml** flour**2 ml** baking soda**1 ml** cinnamon**200 ml** oats**125 ml** chocolate chips or raisins or half & half *(student’s come to teacher to get these)***Other Options:**dried cranberriesmint chocolate chipswhite chocolatechopped nuts | **Method:**1. Lightly grease a large cookie sheet with ***shortening***. Preheat oven.
2. CREAM the sugar and the margarine with a wooden spoon until the sugar is dissolved. **T.C.**
3. Add the egg and vanilla to the sugar margarine mixture and mix well. **T.C.**
4. In another bowl, mix the dry ingredients together (flour, soda, cinnamon).
5. Add dry ingredients into creamed mixture and stir well.
6. Stir in the oats, and the chocolate chips.
7. Drop batter, 15 ml at a time, onto the cookie sheet. (3-4 cookies across) **T.C.**
8. Loosen cookies when done, then remove from cookie sheet and cool on racks (If time allows). **T.C.**
 |
|  **Equipment**Metal spatulaRubber spatulaButter KnifeSmall measuresDry measureLarge & med mixing bowls 2 custard cupsWooden spoon | Teaspoons for doughGreen trayCooling rack | **Cooking Concepts**1. Measuring practice
2. Lab organization
 |

**Nutritional Value**: **Grains**: Whole wheat flour, Oats **Veg & Fruit**: Raisins

  **Meat& Alternative**: Eggs **Dairy:** Margarine