

CHAPTER 3

COOKIES AND QUICK BREADS

Cookie Baking

Condition You will be provided facilities and the appropriate material.

Standard All personnel must know how to bake cookies.

Kinds of Cookies There are two basic kinds of cookies, hard and soft.

- Hard cookies
 - Crispness
 - Brittleness
 - Contain a minimum amount of moisture
 - Soft cookies
 - Moisture
 - Softness
 - Contain a maximum amount of moisture and may require a greater percentage of eggs to produce the necessary structure
-

Types of Cookies Whether preparing hard or soft cookies, there are three basic types of cookies:

- Drop cookies
 - Sliced cookies
 - Bar cookies
-

Drop Cookies This type of cookie is made from soft dough. Once the dough has been mixed, the sheet pans must be prepared. Follow recipe instructions regarding whether or not to grease the pans. Characteristics of drop cookies are as follows:

- Dropped from a tablespoon, a scoop, or a pastry bag
 - Same size when dropped
 - Spaced evenly apart
-

Continued on next page

Cookie Baking, Continued

Sliced Cookies Sliced cookies are made from stiff dough. The dough is formed in a cylinder shape. Slice into cookies with a sharp knife and bake on sheet pans. To avoid toughening the cookies, do **not** over-mix the dough or incorporate extra flour during mixing. Characteristics of sliced cookies are as follows:

- Rolled out and cut into squares, circles, or other fancy shapes
 - Cut uniformly for even baking of cookies
 - No leftover dough
-

Bar Cookies Bar cookies are also made from stiff dough. Characteristics of bar cookies are as follows:

- Formed from rolls of dough
- Flattened into a strip about 2 or 3 inches wide and the length of the pan

Brownies and gingerbread are considered bar type cookies. The batter is heavy and smoothed into sheet pans. Determined by the mixing method, there are two types of brownies:

- Chewy fudge
- Cake type

Brownies may be frosted if desired. Gingerbread can be topped with a variety of sauces or whipped topping.

Quality Product

The following are guidelines for producing a quality cookie:

- Prevent dry cookies and loss of flavor by not over-baking them.
- Grease sheet pans according to instructions on the recipes and cut all cookies in uniform size for baking purposes.
- Space the cookies evenly in the center of the pan when less than a whole pan is required for baking.
- Loosen cookies from the pan after baking; otherwise they will continue to bake.

Any questions on cookies can be answered by referring to the Armed Forces Recipe Service General Information Regarding Cookies Card.

Continued on next page

Cookie Baking, Continued

Finishing Bar Cookies

After the bar cookies are properly mixed, rolled, and panned, they need to be baked. Once the cookies are baked, you are ready to finish them for serving.

- Cut the strips into approximately 12-inch long pieces immediately after they come from the oven, this will make it easy to remove the bar cookies from the sheet pans.
- Place the strips on a cutting board and cut them into the proper size as directed in the recipe.
- Turn brownies out like layer cakes. Once they are baked and pulled from the oven, score them lightly and let them cool. After they have cooled, cut as directed.
- Finish any type of cookie with icing. Although icing is not necessary, it does give eye appeal to the finished product.
- Cool cookies before icing to prevent icing from melting or running off.
- Use a dusting of powdered sugar if desired in place of icing; either one will enhance the flavor of the finished product.
- Do **not** cut and stack any cookies while they are still warm to prevent the finished product from sticking together.
- Follow all recipe instructions to produce the best possible finished product.

CAUTION: Do **not** cut cookies while they are in the pan because this will scar the pans.

Summary

This section covered cookie baking. The next section covers cookie faults and possible causes.

Cookie Faults and Possible Causes

Condition You will be provided the facilities and the appropriate material.

Standard Know the cookie faults and possible causes.

Category When preparing cookies or other pastry items, there is always a chance that something may go wrong in the process. A few common cookie faults are lack of flavor, darkening of cookies, too much spread, and salty taste. Cookie faults fall under one of three different categories.

- Color
 - Spread
 - Eating quality
-

Color To ensure proper color, remember to grease the pans according to the recipe. The table below shows problems associated with a *color* fault and the possible causes.

| Problem | Cause |
|----------------|--|
| Too dark | <ul style="list-style-type: none"> • Pan over greased • Over-baked • Oven too hot • Too much leavening • Baking soda used for baking powder |
| Too light | <ul style="list-style-type: none"> • Under-baked • Oven temperature too low • Not enough leavening • Baking soda used for baking powder |

Continued on next page

Cookie Faults and Possible Causes, Continued

Spread

To ensure the proper spread of cookies, be sure to use the proper amount of leavening. DO NOT flatten cookies too much. The table below shows problems associated with a *spread* fault and the possible causes.

| Problem | Cause |
|-------------------|---|
| Too much spread | <ul style="list-style-type: none">• Too much leavening• Baking soda used for baking powder• Flattened too much• Wrong sugar• Coarse sugar |
| Not enough spread | <ul style="list-style-type: none">• Not enough leavening• Baking powder used for baking soda• Wrong sugar• Sugar too fine• Pan ungreased |

Eating Qualities

The key to making cookies with good eating quality is to select the best recipe and to follow it carefully, using the correct ingredients of the best quality. The table below shows problems associated with the *eating qualities* fault and possible causes.

| Problem | Cause |
|-------------|--|
| Too sweet | <ul style="list-style-type: none">• Too much sugar• Not enough flour |
| Soapy taste | <ul style="list-style-type: none">• Too much baking soda• Baking soda used for baking powder |
| Brittle | <ul style="list-style-type: none">• Baking soda used for baking powder• Too much leavening• Too much sugar• Too much shortening• Over-baked• Flattened too much |

Summary

This section covered cookie faults and possible causes. The next section covers quick breads.

Quick Breads

Condition You will be provided with facilities and the appropriate material.

Standard Make the four most common quick breads.

Four Common Quick Breads The table below shows four most common quick breads and their preparation method.

| Item | Method |
|-------------|--|
| Biscuits | <ul style="list-style-type: none">• Follow the manufacturer's recipe.• Ensure biscuits are symmetrical in shape and have a slightly rounded top.• Ensure biscuits are golden brown on top and the inside is creamy white and flaky texture.• May be thick or thin, crusty, or soft according to preference. |
| Muffins | <ul style="list-style-type: none">• Follow the manufacturer's recipe.• Ensure muffins are symmetrical in shape, with straight sides and slightly rounded tops.• Ensure the top does not peak or crack.• Ensure muffins are golden brown with a rough pebbly texture with a slightly glazed appearance. |
| Cornbread | <ul style="list-style-type: none">• Follow the manufacturer's recipe.• Ensure cornbread is slightly brown on top and does not crack or peak. |
| Coffeecake | <ul style="list-style-type: none">• Follow the manufacturer's recipe.• Ensure coffeecake top is golden brown. <p><u>Note:</u> The top may be glazed or iced after cooling.</p> |

Summary This section covered quick breads. The next section covers quick bread faults and possible causes.

Quick Bread Faults and Possible Causes

Condition You will be provided with facilities and the appropriate material.

Standard Know the quick bread faults and possible causes.

Faults If during the mixing, baking, or preparation of quick breads, something is left out or the directions are not followed, the product will have what is referred to as a *fault*. Faults can be avoided by following the recipe. Read the can instructions and ensure that all steps are followed exactly as required.

Category Quick bread faults fall under one of six different categories.

- Crust Color
 - Volume
 - Symmetry
 - Grain
 - Texture
 - Eating qualities
-

Continued on next page

Quick Bread Faults and Possible Causes, Continued

Crust Color

Whether the crust color is too dark or too light depends mainly on the oven heat, which can be too high or too low. Use an oven thermometer to make sure the oven temperature agrees with the can instructions. The table below shows problems associated with a *crust color* fault and the possible causes.

| Problem | Cause |
|----------------|---|
| Too dark | <ul style="list-style-type: none">• Oven too hot; over-baked• Too many eggs• Too much sugar• Too much milk• Wrong leavening |
| Too light | <ul style="list-style-type: none">• Oven temperature too low; under-baked• Wrong leavening• Not enough sugar• Not enough milk• Too much dusting flour• Too little batter in pan• Dough or batter over-mixed• Dough too stiff |
| Spotted | <ul style="list-style-type: none">• Too much dusting flour• Improperly mixed• Improperly baked• Improperly washed |

Continued on next page

Quick Bread Faults and Possible Causes, Continued

Volume

The table below shows problems associated with a *volume* fault and the possible causes.

| Problem | Cause |
|----------------|--|
| Too large | <ul style="list-style-type: none">• Too much batter• Too much leavening or eggs• Dough rolled too thick |
| Too small | <ul style="list-style-type: none">• Not enough batter• Dough rolled too thin• Dough not folded properly• Not enough leavening |

Symmetry

The shape and size of the pastry product determine symmetry. Patrons come to expect that certain products will have a conventional shape. The table below shows problems associated with a *symmetry* fault and the possible causes.

| Problem | Cause |
|-----------------|---|
| Peaked shape | <ul style="list-style-type: none">• Oven too hot• Batter over-mixed• Too much bottom heat |
| Sloped sides | <ul style="list-style-type: none">• Dull cutter |
| Irregular shape | <ul style="list-style-type: none">• Too much batter• Improper folding or rolling of dough• Over-mixing• Oven too hot |

Continued on next page

Quick Bread Faults and Possible Causes, Continued

Grain

The grain of a product is determined by the size of the holes throughout it. They can be coarse, closed, or have big holes or tunnels. The table below shows problems associated with a *grain* fault and the possible causes.

| Problem | Cause |
|------------------|--|
| Holes or tunnels | <ul style="list-style-type: none">• Batter over-mixed• Oven too hot• Too much bottom heat• Not enough liquid• Not enough shortening |
| Open and coarse | <ul style="list-style-type: none">• Dough or batter over-mixed• Too much leavening• Too many eggs• Too much sugar• Not enough shortening |
| Close | <ul style="list-style-type: none">• Oven too hot• Not enough leavening |

Continued on next page

Quick Bread Faults and Possible Causes, Continued

Texture

Texture in a pastry product is the appearance or feel of the broken surface. The table below shows problems associated with a *texture* fault and the possible causes.

| Problem | Cause |
|----------------|--|
| Crumbly | <ul style="list-style-type: none">• Too much leavening• Too much sugar• Not enough liquid• Oven temperature too low• Over-baked |
| Dry | <ul style="list-style-type: none">• Dough or batter too stiff• Over-baked• Oven temperature too low• Too much leavening• Too much flour• Not enough liquid• Not enough sugar• Not enough shortening |
| Tough | <ul style="list-style-type: none">• Not enough sugar• Not enough shortening• Not enough leavening• Dough too cold• Batter over-mixed |
| Too tender | <ul style="list-style-type: none">• Too much sugar• Too much shortening• Oven temperature too low |

Continued on next page

Quick Bread Faults and Possible Causes, Continued

Eating Qualities The taste and flavors, as well as many other subjective characteristics make up eating qualities. The table below shows problems associated with the *eating qualities* fault and possible causes.

| Problem | Cause |
|----------------|--|
| Rancid | <ul style="list-style-type: none">• Old shortening |
| Too sweet | <ul style="list-style-type: none">• Too much sugar |
| Too salty | <ul style="list-style-type: none">• Too much salt |
| Greasy | <ul style="list-style-type: none">• Too much shortening |
| Soapy | <ul style="list-style-type: none">• Too much baking soda |
| Egg taste | <ul style="list-style-type: none">• Too many eggs |
| Bland | <ul style="list-style-type: none">• Not enough sugar• Not enough salt |

Bibliography

**Source
Material**

MCO P10110.42_, *Armed Forces Recipe Service Cards*.

MCO P10110.43_, *Armed Forces Recipe Service Index of Recipes*.

FM 10-22, *Baking Operations*.
