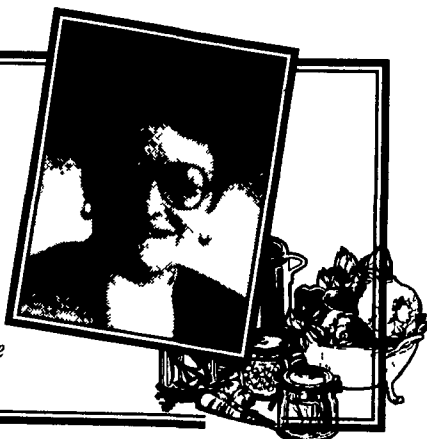


## Consuming Thoughts

by  
Fay Strickler

Penn State Extension Home  
Economist For Berks Co.



oven for 5 minutes.

•Baked cookies can be stored in the refrigerator for up to 2 weeks or in the freezer for 9-12 months if wrapped in moisture and vaporproof plastic bags or containers.

•Many cookie doughs freeze nicely—refrigerator doughs as well as rolled and drop cookie doughs. Store in freezer containers up to 2 months. Thaw 3-6 hours in refrigerator. bake within 24 hours.

Q. When I bake cookies using my grandmother's recipe, they don't seem to taste the same nor do they have the same texture. What am I doing wrong?

A. Using old recipes often means "NOT" using modern measuring cups and spoons or adapting the recipe to obtain the same baking results, since Grandma often used a scale.

Here are a few of the more common ingredients and the conversions:

1 pound flower = 3 3/4 cups unsifted.

1 pound granulated sugar = 2 cups.

1 pound brown sugar = 2 1/2 cups firmly packed.

1 pound confectioners' sugar = about 4 cups unsifted.

1 pound butter = 2 Cups.

1-cup large eggs = 5 whole eggs, 8 whites, or 12 yolks.

1 pound dried fruit:

apricots = 3 to 4 cups

dates = 2 1/2 cups (60)

prunes = 2 1/2 cups (30 to 40)

Raisins = 2 1/2 cups seeded or 3 cups seedless



Amanda Lehman prepares eggs for hatching as part of the 4-H embryology project. Last year more than 900 4-H members enrolled in the embryology program.

## Plant Agent Begins

CARLISLE (Cumberland Co.) – Amanda Lehman is the newest staff member of the Cumberland County Cooperative Extension Office. She recently began her duties as a 4-H and plant science agent. She is a graduate of Delaware Valley College with a degree in agronomy and environmental Science.

Amanda's previous work experience was an agronomist for Brubaker Agronomic Consulting Service. Amanda is married to Timothy Leham of Mechanicsburg. As a 4-H and plant science agent will be developing new school enrich-

ment programs; as well as, working with existing programs. Much of her time will be spent working with 4-H members and clubs. She will also be assisting with the Master Gardener Program.

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into the dough for a light cookie. Be sure stick margarine is softened before beating.

### Baking:

•Preheat the oven so cookies are assured of uniform baking temperature.

•Use flat cookie sheets with low or no sides. High-sided pans prevent proper browning.

•Shiny baking sheets yield the most evenly baked and browned cookies. If using dark pans, reduce the oven temperature 25° to reduce the risk of burning.

•Use baking pans that fit your oven properly—allow 2 inches from their edge to each side of the oven. Substitute the back of any large pan for a cookie sheet.

### Storage:

•Cool cookies thoroughly on a rack in single layers before storing.

•To keep cookies soft or chewy, store in an airtight container. To keep crunchy cookies from becoming limp, keep in a loosely covered container in a cool, dry place. To crisp softened cookies, heat them in a 300°

We have received numerous consumer calls on baking cookies. The following guidelines on "cookie basics" will help to answer many of your questions.

### Ingredients:

\*The flavor and texture of the cookies will be modified when interchanging butter, margarine, and shortening. If you wish to substitute, do so in equals amounts. When using margarine for baking holiday cookies be sure to select a brand that contains 10-11 grams of fat. Brands that contains less fat will cause the cookies to spread and often have unsatisfactory baking results.

•Use large eggs for baking.

•Don't substitute granulated sugar when a recipe calls for powdered sugar.

•Only use synthetic sweeteners in recipes specifically developed for them or follow manufacturer amounts.

•If unsure about a substitution, the rule is don't do it.

•It's important to beat margarine and sugar until well creamed to help sugar start to dissolve and to incorporate air

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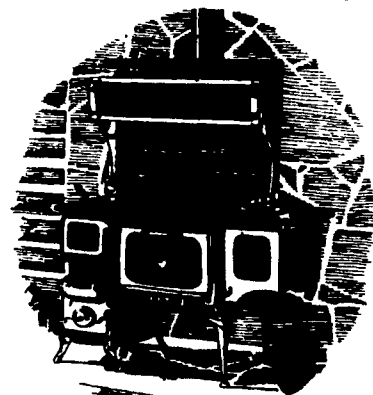
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