



**Rio Arriba 4-H Presents:**

# **Tell Us About it Tuesdays!**

## **Baking I**

**Baking I is to help first-year baking members learn baking basics—nutrition, measuring, and kitchen safety. The project is organized to cover one topic or food at each club meeting. A leader's guide, Leader Guide 200 E-81, accompanies this project for adult volunteer leaders.**

### **Some of the Project Activities include:**

- **How to accurately measure dry and liquid ingredients.**
- **Definitions of basic baking terms, basic kitchen and food safety practices.**
- **How to make: Biscuits, Muffins, Pancakes, and Cookies.**
- **How to judge the quality of each food product; Give a demonstration, teaching others baking basics; Keep a record of your work on this project; and Learn about jobs and careers in food preparation.**

### **Complete the following activities, share your results, and earn points!**

**Watch this video about Baking and Food & Nutrition Opportunities:**

**Food Safety: <https://youtu.be/F5fmJaZCnQY>**

**Service Learning: <https://youtu.be/ILaG5NxAFy8>**

**Judging Cookies & Bars: <https://youtu.be/g6hjXzfrYlw>**

**Favorite Food Contest: <https://youtu.be/-fWDd5Y1s0o>**

**4-H Food Challenge <https://youtu.be/UoTTxhTHUuE>**

**Prepare the “Chocolate Chip Cookies” recipe, Taste Test, and share results.**

**Send a picture of your cookies to: [marctala@nmsu.edu](mailto:marctala@nmsu.edu) or [hannah99@nmsu.edu](mailto:hannah99@nmsu.edu)**

**Earn points for your participation and receive Pizza Gift cards!**

**Have Questions Contact: 575-588-7423**

**Marcella, Extension 4-H Agent, at [marctala@nmsu.edu](mailto:marctala@nmsu.edu)**

**Hannah, Extension Program Assistant, at [hannah99@nmsu.edu](mailto:hannah99@nmsu.edu)**



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**College of Agricultural, Consumer  
and Environmental Sciences**  
Cooperative Extension Service  
Rio Arriba County Extension Office

# Chocolate Chip Cookies

## Ingredients

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$\frac{3}{4}$ cup butter, softened	2 $\frac{1}{4}$ cups all-purpose flour
$\frac{3}{4}$ cup granulated sugar	1 teaspoon baking soda
$\frac{3}{4}$ cup brown sugar, packed	$\frac{1}{4}$ teaspoon salt
2 teaspoons vanilla	1 (6 oz.) bag semi-sweet chocolate chips (2 cups)
1 egg	

## Equipment

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Measuring cups, dry	Measuring spoons
Straight-edged knife or spatula	Large mixing bowl
Electric mixer	Mixing spoon
Small mixing bowl	2 teaspoons
Baking sheet	Cooling rack
Potholders	Metal spatula

## Procedure

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1. Assemble all ingredients and equipment.
2. Preheat oven to 350 degrees F.
3. In a large mixing bowl, beat butter, sugars, vanilla and eggs with an electric mixer on medium speed until light and fluffy.
4. In a small bowl, combine flour, baking soda and salt. Add to creamed ingredients; mixing well. Dough will be stiff. Stir in chocolate chips. May add  $\frac{3}{4}$  cup chopped nuts, if desired.
5. Drop by rounded teaspoonfuls onto an ungreased cookie sheet.
6. Bake 11 to 13 minutes or until lightly browned. Center of cookie should be soft.
7. Cool one to two minutes on cookie sheet. Remove to a cooling rack.

Makes 3 dozen cookies

**High Altitude Adjustment:** (3500-6500 feet) Bake 10 to 12 minutes.  
May also add 2 tablespoons flour for a firmer dough.