



## **Module 3 - Section 2 - Cookies**

**Objective:** To bake and decorate a selection of cookie designs.

**In completing each section the user will be able to:**

- Create a batch of well baked cookies
- Make a batch of stiff peak and run-out royal icing
- Remove air bubbles from run-out royal icing
- Decorate a cookie using stiff peak run-out icing
- Decorate a run-out only cookie
- Decorate a painted run-out cookie

**Assessment criteria:**

1. Create a batch of well baked cookies
2. Make a batch of stiff peak and run-out royal icing
3. Remove air bubble from run-out royal icing
4. Decorate a cookie using stiff peak and run-out icing
5. Decorate a cookie using only run-out icing
6. Decorate a painted run-out cookie

**You will Need:**

### **TOOLS**

#### **Baking**

Mixer with beater  
Rolling pin  
Sieve  
2x Baking pans  
Spatula  
Cooling tray  
Greaseproof paper  
Measuring spoons

#### **Decorating**

8cm Daisy cutter  
8cm Circle cutter  
No.0 paint brush  
Piping bag (or homemade using greaseproof paper)  
Cocktail stick  
Fan brushes  
Small mixing bowls  
Small palette knife

**INGREDIENTS for 12x 8cm cookies**

## **Baking**

100g Caster sugar

85g Butter

200g Plain flour

Medium sized egg

½ teaspoon Baking powder

Vanilla extract (or your preferred choice of flavouring)

## **Decorating**

Royal icing

White dragees

96% alcohol or white alcohol spirit

Food colours (airbrush colours):

- Yellow
- Lilac
- Pale blue
- Red
- Pink

Dust

- Gold sparkle
- Radiant gold
- Copper
- Bronze
- Bling bling edible bling

## **Method:**

### **Baking**

- Preheat the oven (165C/329F for fan assisted or 185C/365F for a conventional oven)
- Mix the butter with the caster sugar, then mix for 2 mins
- Scrape down, then mix for a further minute
- Add the egg, the mix slowly for another minute
- Add ½ teaspoon of baking powder to the flour, then sieve into the mix
- Add ½ teaspoon of flavouring
- Mix until a dough is formed
- Prepare the work surface with a splash of flour
- Create a square shape 3-4mm deep
- Cut out 6x 8cm circles and 6x 8cm daisy shapes
- Place a sheet of greaseproof paper on a baking tray
- Place the cut-outs on top the greaseproof paper
- Bake for 10-12mins, turning half way through if necessary
- Leave to cool before decorating

## **Supporting Notes:**

### **Baking**

Cookies should not only taste great, they should look amazing too. In this lesson we will explore how to bake and decorate an eye-catching set of cookies. This is a great opportunity for children to join in and experience the enjoyment of sugarcraft decorations. As with all food preparations, ensure that all surfaces and tools have been thoroughly cleaned before starting.

Before mixing the dough, it is important to get the cookie nicely baked. Start by preheating the oven to 165C/329F for fan assisted or 185C/365F for a conventional oven.

Start by creaming the butter, which should be at room temperature, with the caster sugar, then mix slowly for 2 minutes. The mix should then be scraped down, then mixed for a further minute or until soft and fluffy. Add the egg, then mix again slowly for a minute. Add ½ teaspoon of baking powder to the flour, then sieve into the mix. Finally, add ½ teaspoon of your preferred flavouring, then mix on a slow speed.

The mix should form into a dough, but humidity can affect things. If the mix is too soft, then add a little more flour, then mix through. Repeat the process if necessary, until the dough consistency is achieved. The dough is now ready to be rolled straight away.

Next up is to cut the cookie shapes. Sprinkle some flour on the work surface before starting, this will ensure that the dough doesn't stick. Massage the dough into a square shape, adding some flour on top to ensure the dough doesn't stick. Roll the dough out to 3-4mm thick, then cut out 6x 8cm circles and 6x 8cm daisies and place on the baking tray.

Place the cut outs evenly apart on the baking tray, which should be pre-lined with a sheet of greaseproof paper. The cookies should be baked for 10-12 mins. Check them regularly and depending on your oven, you may need to turn them half way through the bake to avoid burning. Make sure they are baked all the way through, then place onto a cooling rack.

Cookies will generally last for 2-3 days in a sealed container, but will deteriorate and go soft after that. They can be frozen and will last 4-5 months in the freezer.

## **Royal icing**

Cookie decorations are mainly made using royal icing. How to make royal icing is covered in detail on Module 6. However, in this lesson you can opt for pre-mix royal icing, which is made quickly by adding water and following the instructions. The end consistency should be stiff peak royal icing. This means that the icing should be strong enough to hold its structure. The term comes from creating a peak from the royal icing. The stiff peak consistency will hold the peak without flopping over.

Mix the colours in the small mixing bowls. Paul uses airbrush food colours, but always ensures that colours are glycerine free when mixing with royal icing. Glycerine attracts moisture, which affects the structure of the royal icing. Mix the colours through the royal icing until the desired colour has been achieved. Note that colour tones may change once the royal icing has dried. It is best practice to trial a colour, which is done by weighing and measuring the amount of colouring mixed with the royal icing. Pipe it out then leave to dry. This will guide as to whether the tone needs more or less colouring. Keep practicing until the desired shade and tone is achieved, when the icing is dry.

Paul mixed up some yellow to a stiff peak consistency, then added the icing to a piping bag. There are plenty of ready made piping bags available or you can make your own. In the video, Paul demonstrates how to make perfect little piping bags from a sheet of greaseproof paper.

The next piping bag should hold run-out consistency royal icing. This is achieved by adding water or egg albumin or egg white to the stiff peak mix. The run-out consistency is achieved when the icing flows back into itself after 10 seconds. This is best tested by dropping a small amount of royal icing back into the bowl, then count to 10. The royal icing should still hold its shape, but the drop should disappear after 10 seconds, that is when a run-out consistency has been achieved. Remove any air bubbles, by banging the bowl on a hard surface 3-4 times. Add the royal icing to a piping bag and, for clarity, mark which bag contains the stiff peak and which contains the run-out.

Make a small bag of stiff peak and run-out royal icing in the following colours (or colours of your own choice):

- Yellow
- White (natural)
- Lilac
- Pale blue
- Red
- Pink

## **Decorations**

Cookies are decorated by using the stiff peak royal icing as the barrier, then filling with the run-out consistency. Cut the tip of the piping bags, be cautious as the hole can always be cut a little larger, but can not be made smaller. Practice away from the cookie. When you are happy, using the stiff peak white consistency, add a circular border around the edge of a round cookie. This can then be filled with white run-out consistency. If air bubbles appear, gently bang the cookie on the work surface and allow any bubble to burst or rise to the top. Using a fine, wet paint brush, fix any issues to ensure a smooth, evenly covered, cookie.

Alternatively, the decoration can be created using only the run-out royal icing. Start with a circle around the outer edge of the round cookie, then just build up inner layers until reaching the centre.

A simple daisy effect is another straightforward design. Using one of the daisy cookies, pipe a line around the edge with stiff peak icing. Add a circle in the centre of the cookie, then neaten up any rough edges using a wet paint brush. Using the yellow run-out icing, fill in the petal spaces. Ensure the whole area is evenly covered. Again, gently drop the cookie on the worksurface to release any air bubbles. Fill the centre with some white run-out icing to create a lovely daisy. Finish by neatening the decoration using a wet paint brush. The daisy decoration can also be completed, using run-out icing for both the petal and centre decoration. First, create the petal decoration, then overlay the centre colour. Finish using the bang and paintbrush techniques explained above.

Painting can give a beautiful effect. Allow a run-out covered cookie to set. Mix some paint with 96% alcohol or white alcohol spirit, then apply brush strokes of paint to the cookie. Using a selection of colours, add light brush strokes to the cookie using wide fan paint brushes. This gives an amazing effect, but as always, practice away from the cookie to ensure that the colours, decoration and skills are all ready to work on the cookie.

Paul shares a lot more royal icing designs in the accompanying video. The ideas are endless, so certainly worth creating designs and colour mixes of your own.