

Cookies

Most cookies are made with the creaming method, where we cream the butter and sugar until smooth and lighter in color. Then we add the eggs, extract, and at last the dry ingredients - barely mixing it together. This recipe base is not the same as the one in my ultimate getting started guide, it's the one I tend to use on a daily basis.

Ingredients

- 112 g butter (1 stick)
- 150 g sugar, granulated
- 75 g sugar, brown
- 100 g egg, whole (2 eggs)
- 10 g extract, vanilla (2 tsp)
- 6 g sea salt
- 6 g baking soda
- 300 g wheat berries, soft

Directions

1. Preheat oven to 350 F.
2. Mill the grains into fine flour. Mix in the sea salt and leavening.
3. Cream the butter and sugar with beater until smooth and lighter in color.
4. Slowly add the egg mixture a little at a time, while still mixing, until incorporated.
5. Add the extract, also still while mixing.
6. Turn off the mixer and add the dry ingredients.
7. Mix on the lowest setting JUST ENOUGH to incorporate the dry. This will be approximately 30 seconds. Do not overmix if you want a tender cookie.
8. Add any mix-ins, mixing for one or two seconds to incorporate.
9. Scoop the dough into equal portions (like with a measuring spoon or a cookie scoop, and drop onto parchment or silicone lined baking sheet.
10. Bake until 190 F for chewy cookies, or 200 F for crunchier cookies. They may not look cooked, remove them anyway - they will finish outside the oven and solidify as they cool.

Notes

Troubleshooting

- What if my cookies spread too much?
 - That's a problem of too much butter or not enough flour. Choose one to fix, and just a tiny bit at a time.
 - It can also be from baking immediately. If you did not let the dough rest, and they spread too much - a simple rest of about 30 minutes can change the outcome dramatically. An overnight fridge rest is even better.
- What if my cookies don't spread enough?

- You have the opposite problem from above? Either increase the butter a little, or decrease the flour a bit.
- If you let the dough rest and it's still too thick, you can always thin it out a little - but it's best to just take notes this time and remember those adjustments for the next time.
- What if my cookies are TOO tender?
 - next time, split the type of flour up and use some hard wheat to give you a little more structure. Soft wheat is a great grain for delicate pastries, so if you want a little more strength like bread - add hard wheat.

Can I Swap Grains?

Yes, but the ratio of liquid to flour will likely need to be adjusted. Keep that in mind, and you'll do just fine.

Can I Swap Sweeteners?

Yes, and my swap tool will make the adjustments, but you should still expect the final outcome to never be the same as when you use granulated and brown sugar.

Mix-In Ideas

- chocolate chips
- toffee chips
- nuts
- white chocolate
- oatmeal & raisins
- peanut butter

Leavening Swap

Try making your cookies once with baking soda, once with baking powder, and once with half of each. Let me know which one you like the best! I've done them all, and really don't have a preference - whatever I have the most of on hand is what I use that day.