

## The Rundown on the Peanut Butter Cookie

The peanut butter cookie has been making people's mouths water since the early 1900s. It is estimated that close to 90% of Canada and the United States have a jar of peanut butter on their shelves. Food researchers have determined that the first recipe for these delicious cookies came from George Washington Carver's cookbook where he used peanut chunks instead of actual peanut butter.



Peanut butter cookies with fork hash marks

Since 1936, people have wondered about the tradition of fork marks in the peanut butter cookie. Many people speculate that it is a mixture of three reasons: tradition, better baking, and nut allergies. Traditionally, ever since Pillsbury instructed to make fork marks on the top of the cookie, people have passed this down through generations of baking. Another reason that is commonly heard is because it may bake the cookies more evenly. Peanut butter makes cookie dough thicker than usual so it takes longer to bake all the way through. Fork marks can expose the inside, letting the heat reach the center more quickly. The last reason is for nut allergies. Even if people love desserts, there are those who are allergic to peanuts. The shape and color of the cookie can be confused with a different kind of cookie so the fork marks help to identify which are made with peanuts.

## A Tasty History Timeline

Circa 7 A.D.: The first cookie was formed

1100s: Shortbread is invented

Late 1300s: Cookies are sold at street shops in Paris

1400s: The first ginger snap cookie is made.

1533: Macaroons are invented in France by King Henri II's pastry chefs

1596: One of the earliest cookbooks is published for middle-classes in England

Circa 1600: Cookies start being made in the household

1600s-1700s: English and Dutch immigrants start to bring cookies to America

Mid-1700s: First sugar cookies were made in Nazareth, Pennsylvania

1800s: Affordable sugar and flour starts to be sold, letting more households bake cookies and other pastries

1858: William Mellis Christie of the Mr. Christie cookie company starts his first bakery

1890s: First fortune cookies were seen in North America

1892: Fig Newtons are invented

Early 1900s: Peanut butter cookies were created

1930-1967: Toll House made the first chocolate chip cookie

## Chocolate Chip Trip: A History of Cookies



Delectable sugar cookies

## The Difference Between a Cookie and a Biscuit

The difference between a cookie and a biscuit is something that most people have wondered at one time or another. The answer is linguistics and history. The term biscuit originates from Latin and were given to Roman soldiers in their rations. It is known today as a kind of crisp bread prepared in thin flat cakes. The cookie originally was a type of biscuit and was known by the same name, however after the revolutionary war in the United States, settlers tried to distance themselves from their British heritage. The word cookie comes from the Dutch language and so the small flat sweet cake became known as a cookie.

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## Cookie History: A Bite of Deliciousness

The history of the cookie is one that is unclear and full of deliciousness. Culinary historians believe that the cookie was first used as test cakes. A small amount of cake batter would be baked to test the temperature of the oven.



Mixing bowl, spoon, sifter, and cookie cutter seen in the Fultz House Museum

The cookie seems to date back to sometime in 7 A.D. in what is presently Iran. This was one of the first places to ever cultivate sugar. Many cakes and small pastries were made at this point in history. By the end of the 14<sup>th</sup> century, cookies were being sold in various venues throughout Europe. In Paris, it was common for street vendors to sell small cookies or wafers to passersby because of the ability to be single serving and portable.

As people started to explore the Earth, food such as cookies became increasingly popular because of the ability to ration them and store them for a relatively long period of time. For many years, these creations of delight were referred to as "small cakes" in many areas. The word "Koekje" which is of Dutch origin, is pronounced relatively the same and is where the modern word "cookie" is derived from.

## Sugar Cookie History Wonder

The sugar cookie by definition consists of sugar, flour, eggs, vanilla and either baking powder or soda. Many people like to decorate them with frosting or sprinkles. In North America, sugar cookies are common sights during holidays such as Halloween and Christmas. The modern idea of a sugar cookie can be traced to the mid 1700s to a town called Nazareth, Pennsylvania. This is where the German settlers had created the Nazareth Sugar Cookie. Non-leavened food was very popular in the 17<sup>th</sup> and 18<sup>th</sup> centuries because it could be dried and stored for many months. A delectable recipe for a sugar cookie can be found below. What you'll need is listed below.

- 1 cup of butter or margarine, softened
- 1 teaspoon of vanilla
- 1/2 teaspoon of almond extract
- 1 egg
- 2 1/2 cups of all-purpose flour
- 1 teaspoon of baking soda
- 1 teaspoon of cream of tartar
- Granulated sugar or colored sugar

### Directions

Mix powdered sugar, butter, vanilla, almond extract and egg in large bowl. Stir in remaining ingredients except granulated sugar. Cover and refrigerate at least 2 hours.

Heat oven to 375°F. Lightly grease cookie sheet.

Divide dough in half. Roll each half 1/4 inch thick on lightly floured surface. Cut into desired shapes with 2- to 2 1/2-inch cookie cutters. Sprinkle with granulated sugar. Place on cookie sheet.

Bake 7 to 8 minutes or until edges are light brown. Remove from cookie sheet. Cool on wire rack.

## Chocolate Chip Delight

The invention of the chocolate chip cookie is given to a Mrs. Ruth Wakefield. She and her husband Kenneth owned a restaurant by the name of **Toll House** between the years of 1930 and 1967. Wakefield ran out of nuts to use in her cookies and replaced them with chunks of a chocolate bar. Below is Ruth Wakefield's original Toll House cookie recipe.



Mouth-watering chocolate chip cookies

- 1 cup of unsalted butter
- 3/4 cup of brown sugar, firmly packed
- 3/4 cup of white sugar
- 2 eggs
- 1 teaspoon of pure vanilla extract
- 1 teaspoon of soda dissolved in 1 teaspoon of hot water
- 2 1/4 cups of all-purpose flour
- 1/4 teaspoon of salt
- 1 cup of chopped walnut nuts
- 2 packages of semisweet chocolate morsels (use one 12-ounce bag of Nestle semi-sweet morsels)

### Directions

Preheat oven to 375°F. Line a doubled up baking sheet with parchment paper.

Arrange oven rack to middle position.

In a mixer bowl, cream the butter and sugars. Blend in the egg and vanilla, then soda. Fold in the flour, nuts and chocolate chips.

Drop teaspoonfuls onto a greased cookie sheet. Bake at 375 degrees for 10 to 12 minutes.