

# A Short History of Cookies [B1]

Nel mondo anglosassone, per esempio, ci sono due tipi di biscotti: i tipici 'cookie' americani (dolci e soffici) e i 'biscuits' britannici (più sobri e asciutti). Le origini di entrambi risalgono a una millenaria ricetta asiatica di raffinazione dello zucchero.



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Cookies, the [thick](#), [chewy](#) US version of the crunchy British biscuit, are the most-consumed snack food in the US. Americans eat more than two billion of them a year; about three hundred per person. Cookies are so popular that the north-eastern state of Massachusetts adopted the chocolate chip variety as its official state cookie in 1997. American [real estate agents](#) have even been known to use [freshly-baked](#) cookies to make houses smell [homely](#) and encourage visitors to buy them. Along with french fries ('chips' in the UK), potato chips ('crisps' in the UK) and ice cream, cookies have become an American [staple](#). But where and how were they invented?

## ORIENTAL ROOTS

Food historians believe that the earliest form of cookie [dates back](#) to 7th-century Persia (present-day [Iran](#)). Persians knew how to

[grow](#) and [harvest sugar cane](#) and they used it to bake delicious cakes and [pastries](#). Sugar [spread](#) across the whole Mediterranean area, and became a luxury product in Europe. By the 14th century, cookies were [commonplace](#) in many European cities, and cookbooks appeared, full of recipes. One of these was Thomas Dawson's Good [Huswife's](#) Jewell. Written for the [growing yeomanry](#), or middle classes of Elizabethan England, it included a very popular recipe for a square biscuit made of [egg yolks](#) and [spices](#).

## AN AMERICAN UPDATE

Beginning in the 17th century, [scores](#) of European immigrants began arriving in the US, taking their customs and recipes with them. The [Dutch](#) had the koekje which is short for koek, 'cake'. The American Cookie is a close [relative](#), and the name 'cookie' most likely derives from its [Dutch](#) cousin. The expansion of the railroad in the 19th century gave Americans access to many homegrown and imported ingredients, such as [cocoa beans](#), [coconuts](#), [oranges](#) and cereals. They were incorporated into many recipes, including those for cookies.

## THE CHOCOLATE CHIP COOKIE

The iconic chocolate chip cookie is credited to Ruth Graves Wakefield, who [ran](#) the Toll House Restaurant in Whitman, Massachusetts. In 1937, Wakefield was making cookies when she realised that she had [run out](#) of baker's chocolate, a key ingredient. Instead, she used a bar of semi-sweet chocolate [chopped](#) into pieces, expecting it to [melt](#) and [spread](#) through the cookie dough. Things didn't go as expected, as the chocolate pieces kept their shape. The result, however, was a huge success. The recipe [spread](#), and today chocolate chip cookies remain a favourite among cookie connoisseurs.

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# Glossary

- **homely** = familiare, casalingo
- **dates back** = risalire
- **grow** = coltivare
- **spread** = diffondersi
- **yeomanry** = classe di contadini proprietari terrieri
- **coconuts** = noci di cocco
- **run out** = esaurire, rimanere senza
- **chopped** = tagliare
- **melt** = fondersi
- **thick** = spessa
- **harvest** = raccogliere
- **sugar cane** = canna da zucchero
- **egg yolks** = tuorli
- **scores** = moltitudini
- **Dutch** = olandese
- **relative** = parente
- **ran** = amministrare
- **real estate agents** = agenti immobiliari
- **freshly-baked** = appena sfornati
- **Huswife** = casalinga (ortografia arcaica di housewife)
- **spices** = spezie
- **chewy** = gommosa
- **staple** = alimento indispensabile, classico
- **pastries** = pasticcini
- **commonplace** = común, habitual
- **cocoa beans** = fave di cacao