

BAKING COOKIES

The recipe is from Amelia Simmons' 1796 *American Cookery*.

Cookies

One pound sugar boiled slowly in half pint of water, scum well and cool, add 1 tea spoon pearlash, dissolved in milk, then two and a half pounds of flour, rub in 4 ounces of butter, and two large spoons of finely powdered coriander seed, wet with above; make rolls half an inch thick and cut to the shape you please; bake fifteen or twenty minutes in a slack oven – good three weeks.

N. B. In all cases where spices are named, it is supposed that they be ~~pounded fine and sifted; sugar must be dried and rolled fine; flour, dried in an oven; eggs well beat or whipped into a raging foam.~~

Modified Recipe for Modern Times:

$\frac{3}{4}$ cup sugar (brown or white)
2 TBSP butter (softened)
 $\frac{1}{3}$ cup milk (or buttermilk)
 $\frac{1}{2}$ tsp vanilla extract (or rose water)

2 cups of flour
 $\frac{1}{4}$ tsp baking soda
 $\frac{1}{2}$ tsp of nutmeg (or 1 tsp cinnamon)

In a medium bowl, blend the butter into the sugar. Add the milk and the vanilla. Stir until dissolved.

In a large bowl, stir together the flour, baking soda and nutmeg.

Add the wet ingredients to the dry ingredients and mix together with hands until the dough is fairly dry.

On a floured board, separate the dough into 4 balls. Roll each ball into a log about 1 inch in diameter. Cut the log into 8 pieces.

Dust your hands with flour and roll each piece of dough into nutmeg sized balls. Flatten each ball to about $\frac{1}{2}$ inch thick, about the size of a quarter.

Place the cookies close together in a greased baking dish. Cook in a 350 degree oven for about 12 minutes.