

# Breaker Together Energy Cookie© v2.0\_9\_29\_22

Welcome! A quick reminder, **you are not alone**. We support bakers of all experience levels and even the most experienced may have questions with a new formula. We invite you to check out our baker support resources:

Visit Our Baker Forums - <https://communityloaves.org/forums-discussions>

Send An Email To - [bakersupport@communityloaves.org](mailto:bakersupport@communityloaves.org)

**Baking Sessions** - Virtual discussion and virtual Bake With Me sessions. Check event calendar for upcoming sessions.

How Many Batches	1
How Many Cookies - approx.	32



## Ingredients Needed

### Dry Ingredients (The Cookie Base)

Whole Wheat Pastry Flour, Rye Flour, Natural Almond Meal, Chickpea Flour, Oat Flour, Oatmeal, Fine Sea Salt, Baking Powder, Cinnamon

**Total Cookie Base 1140 g**

### Wet Ingredients

	Weight
Water	550 g
Vanilla	2 tsp
Apple Sauce - unsweetened	310 g
Raw Cane Sugar or Organic Cane Sugar	265 g
Molasses or Honey	100 g

**Total Liquid Ingredients 1227 g**

### Special Ingredients

Pecans, Toasted, Broken in Thirds, or Course Chopped	195 g
Cornmeal, Medium Ground, Toasted	140 g
Dried Blueberries (Not Freeze Dried)	160 g

**Total Special Ingredients 495 g**

### Sugar Topping

1/4 tsp Demerara or Turbinado sugar per cookie - see notes below **45 g**

**Total Combined 2907 g**

\*Each cookie weighs between 83-87g

## Recipe Overview

### Mix cookie dough 1-2 days ahead of baking

The cookie dough is best mixed a day ahead of portioning.

Step	Activity	Time
1	Gather & Weigh	15 min
2	Toast and Prep Special Ingred.	10 min
3	Mix Wet & Dry Ingred. Together	5 min
4	Add Special Ingred., Stir	5 min
5	Let rest overnight in refrigerator	
6	Portion, Garnish with Sugar and Bake	60 min
7	Cool on sheet tray, move to rack	10 min
8	Package	15 min

**Est. Total Active Time, approx. 2 hours**

## Equipment:

**#16 - Blue Handled Disher. 2 oz.**  
Available at restaurant supply and Amazon

**Kitchen Scale**  
Available at restaurant supply and Amazon

## An Important Note about Ingredients:

*Organic and/or locally sourced whenever possible.*

**Cornmeal** - Medium Grind - All testing was done with Bob's Red Mill.

**Raw Cane or Organic Cane Sugar** - Costco or Trader Joe's both have this and they are nutritionally identical.

**Sugar Topping** - Use Demerara or Trader Joe's Turbinado Raw for the sugar sprinkle topping. Don't use Costco Organic Cane, as it's too fine.

**Blueberries** - Dried (not freeze dried), sweetened is fine. Sources vary, but include Trader Joe's, Winco, Fred Meyer.

**Pecans** - Best pricing found at Costco.

**Apple Sauce** - Must be unsweetened. In our tests both Trader Joe's Organic & Treetop from Costco worked well.

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**Method: Mix your dough 12-72 hours before you want to bake!**

- 1 Gather and weigh all your ingredients. Volume measurements are not reliable. Weigh each component on your scale.
- 2 Toast the cornmeal and pecans until fragrant in a 375 degree oven for approximately 7 minutes. Cornmeal will color change from yellow to slight brown. You can also toast in a pan on your stove top if you prefer.
- 3 Hand break the pecans into thirds or quarters. You want larger pieces for these cookies. Alternatively course chop with a knife.
- 4 Weigh the wet ingredients individually and place, one at a time, into a large mixing bowl. Then add the cookie base and the special ingredients and stir to combine.
- 5 Let sit covered overnight in refrigerator and up to two days. Resting is important, gives the grains an opportunity to fully hydrate, absorb as much moisture as possible.
- 6 Preheat oven - 365 degrees. Prepare your baking sheets with parchment or silpat. (See Tips & Tricks below regarding baking temp and time.)
- 8 Using a #16 bluehandled scoop/disher. Weigh each scoop, yes, important to weigh each one. Our nutrition facts are based on an 85g cookie. You can use a target of 83-87g as a suitable "zone". Scoop, weigh and place dough ball on prepared cookie sheet.
- 9 Create as many mounds as you can fit on the sheet, recognizing that you are going to flatten the mounds with the palm of your hands to 1/2" thick. These cookies do not spread, but you will need enough room so they don't smush together when you flatten them. Flattened cookie should measure 3 1/8" - 3 1/2" across in diameter which will easily fit in the cookie packaging sleeve.

Then sprinkle each cookie with 1/4 tsp of Demerara, turbinado or course raw sugar (like Trader Joe's). The Costco raw sugar is too fine. Do not use it for the sprinkled topping. The sugar is best applied just prior baking. If you wait too long before going to the oven, the sugar can melt into the cookie and lose its sparkly crunch. (See video for this process.)

A note about flattening: the dough is a little sticky, another reason we let it rest overnight in the refrigerator. I take a parchment square and put it on top of the cookie and then press down with that sandwiched between my palm and the cookie. Then lift the parchment off, position it over the next cookie and repeat. Works quite well. So does a glove, but we try to limit unnecessary plastic usage. Avoid using a damp hand which works for the stickiness but creates puddles which melt the sugar topping. (See additional tips below.)

- 10 Bake for 17-20 minutes, rotating the trays half way through. The range of time is really a function of your sheet trays and your oven. Your goal? A fairly golden brown bottom and slightly golden edges on top. If you use molasses vs. honey your color markers will be different (molasses is darker). You want them baked through, no longer glossy on top.
- 11 Remove from oven when done, let sit on sheet tray for 5-10 minutes then transfer to cooling racks. Package when completely cooled. (See Video)

## Tips & Tricks

### A Oven Temps:

At my house I'm using 365 degrees convection for 8 minutes then I rotate the two trays, middle to the top, top to the middle with a 180-degree turn. Set the timer for another 8 minutes, and I get predictable results. You might have better success at 375, or possibly 350 degrees; ovens vary. But be mindful, you do not want to underbake these. Underbaked creates problems such as soggy tops or adhesion to the parchment paper.

### B Dough Handling:

Bakers report the dough gets progressively softer and thus stickier as they work through the creation of their sheet trays. It can be helpful to work two sheet trays at a time, returning the dough to the refrigerator between rounds.

### C Freezing Suggestions:

Not all freezers are the same, some are "damper" than others and require you to insulate your baked goods more than others. So get to know your options.

- You can freeze the baked cookies unpackaged and then package them the morning of donation. Go ahead and package them frozen, no need to thaw, remember no bare hand contact, and seal with the label.
- If you freeze the baked cookies in their packaging, cookies should be completely cooled and remember no bare hand contact. With this storage method you might want an insulating layer, putting groups of cookies inside a ziplock or an insulated grocery bag to prevent unnecessary moisture from effecting the packaging. Remove from freezer on donation Sunday.
- Use the freezer to preserve freshness. If you bake ahead, even the Friday before donation Sunday, get them packaged up and place in freezer Saturday. Remove on Sunday and take to your neighborhood hub.

### D Time Savers:

- Baking quality does not seem to be compromised if the dough hangs in the refrigerator for 3 days. So don't worry if you can't bake right away.
- Toasting ingredients can be fussy. I like to toast several batches worth of the pecans and cornmeal at one time to create small "bundles" of premeasured special ingredients that I can easily use when whipping a batch.
- What else? Be sure to share your Energy Cookie hacks on the forums and on Facebook.

### E Parchment Paper & Cookies Not Releasing:

Parchment paper and sticking. Some bakers are reporting issues of the cookie sticking to their parchment paper lining. If this is happening for you, here are a few suggestions: First, make sure you're cooking at an adequate heat for the cookie to brown. Second, let the cookie rest on the tray for a minimum of 5 minutes before transferring to a cooling rack. Third, not all parchment papers are alike. Here at the mothership we use unbleached parchment paper, 12" x 16", **which is compostable** and we've not had any issues. Cookies release just fine.

Alternatively, silpats have been performing well in general although they can, with considerable use, become less effective.