



THE LAB

Eight pages of things to make and do

Kitchen chemistry

WARNING!
Ask an adult to help you when using the oven.

Bake choc chip cookies

Experiment with these tasty cookies to see how small changes transform the result.

What you need

- 150g butter, softened
- 80g light brown sugar
- 80g granulated sugar
- 1 egg
- 225g plain flour
- 1tsp vanilla extract
- ½tsp bicarbonate of soda
- ¼tsp salt
- 200g chocolate chips or chunks
- A large bowl
- Wooden spoon
- Teaspoon
- Two baking trays
- Wire cooling rack

Instructions

- 1** Combine the butter and sugar and beat until creamy. Add the egg, flour, vanilla extract, bicarbonate of soda and salt. Mix well, then add the chocolate.
- 2** Scoop blobs of the dough onto the baking trays with a teaspoon, with big gaps between each blob. You should end up with around 30 cookies.
- 3** Bake the cookies at 190°C for 8–10 minutes until they are lightly browned at the edges and slightly soft in the middle. Remove from the oven and place on a rack to cool.
- 4** The cookies are ready to eat when they are cool. Make them again, but this time experiment by changing parts of the recipe to see how it affects the cookies – what happens if you use only brown sugar, or melted butter? You might create a taste sensation.



Space out the blobs of dough.

How does it work?

In 1937, baker Ruth Wakefield discovered that adding chocolate chips to cookie dough does not create a chocolatey cookie – instead the chips keep their shape during baking. This is mostly because they contain less cocoa butter than cooking chocolate, which means that they do not melt as easily. Some chips also contain extra ingredients that stop them from turning into a melted gloop. Besides that, the chocolate chips are held together by the dough, which hardens around them as it bakes.

REX SHUTTERSTOCK