

## BAKING/SPICES

Would you like to know how to transform your favorite flavors, whether root beer, eggnog, cheesecake or simply chocolate, into great tasting cookies and bars? Do you want the option of making either a cookie or a bar to satisfy that craving? Do you want more flavor and less sugar and additives in your cookies? Do you want a flavorful comfort food that makes more use of your extracts and spices?

Here is what you will get with **A Busy Cook's Guide to Flavor-Packed Cookies & Bars:**

**Flavor Variety** 63 unique flavors to fulfill every craving with options and substitutions for even more variety.

**Bar vs Cookie** Now you can have the flavor you want in the form you prefer. Most flavors have both a bar and a cookie recipe.

**Healthier Ingredients** By focusing on flavor you can use more nutrient rich spices, nuts, seeds and fruits and less sugary frostings, fats and additives.

**Easy, Brief Instructions** Read through the basics of cookie baking. Illustrations and helpful hints are there when you need them. Most recipes are designed for 2-3 dozen cookies and 16-20 bars. Baking times average 25-30 minutes. There are 5 "No Bake" recipes for the summertime.

**User Friendly** Because each page has one recipe like a recipe card, you can stay focused. Track your results, likes and dislikes by rating each recipe on the same page. Jot notes in the open spaces. The book lays flat for your convenience.

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Linda K. Murdock is the best-selling author of *A Busy Cook's Guide to Spices*. Continuing with her quest to add more spice to everyone's life, she has now created a cookie book organized by your favorite flavors. She hopes these tasty treats will tempt you to further experiment with spices and extracts.

ISBN 978-0-9704285-4-7



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## Five Spice Powder

- Wow!
- Yummy
- Adjust Flavor
- Try Options
- Never Again

### Five Spice Any Way You Want Cookies

**Heat oven to:** 350°F                      **Pan:** sheet, greased  
**Time/Sheet:** 8-10 min                      **Makes:** 40, 2-inch diameter

**Cream:**                      ¾ c butter, softened (1½ sticks)  
                                      ½ c sugar  
**Beat in:**                      1 egg yolk  
**Add:**                        1 Tbsp five spice powder  
                                      1½ tsp orange zest  
**Stir in:**                       1¾ c unbleached flour

The usual five spices in Chinese Five Spice or Five Spice Powder are star anise, Szechwan pepper, fennel, clove and cinnamon.

This batter is versatile. You can roll and make cutouts, freeze it into 1½-2-inch diameter logs and slice thinly, or dip balls of dough in sugar and flatten to ⅛-inch thick with the bottom of a smooth glass. Make two balls of dough. Wrap and chill overnight to distribute flavor. One dough ball yields about 20 cookies.

- Options:** 1) Use real butter if making cutouts and roll to ⅛-inch thick. Flour your cutters.  
 2) Spicy Shortbread variation: Cream ½ c butter with ½ c sugar. Add ¼ tsp vanilla extract. Add 2 tsp five-spice powder and 1 c flour. Roll into a 1½ inch-diameter log, chill overnight or freeze for 20 minutes. Cut into ¼-inch slices. Bake at 375°F for 10 minutes. It makes 24 cookies. Roll log into sugar before baking if you want.

*The flavor of this sweet cookie gets better over time. They also keep very well.*