

Western Cooking and Baking Presentation

Presentation Overview:

An offering of a Western perspective on cooking techniques and recipes to Tzu Chi's College of Technology. The presentation will also cover the importance of food safety, food preparation and food preservation. Also, we will cover of the tricks of the trade on how make great food the right way every time. Ultimately the class will offer a hands-on approach and allow the groups to be actively involved in preparing and making baked goods most likely found in Western households.

Baked items for preparation 烘培物品準備：

Toll House Chocolate Chip Cookies Recipe. Mini M&M's substituting for chocolate chips.

巧克力曲奇餅食譜。迷你 M&M 的代替巧克力片。

Depending on the attendance of the presentations, the audience will work in teams of 4-5

Group will need to bring 學員需準備：

Hairnet or a cap. 髮網或帽子

Apron 圍裙

Original NESTLÉ® TOLL HOUSE® Chocolate Chip Cookies

Ingredients 配料

2 1/4 cups all-purpose flour 通用麵粉

1 teaspoon baking soda 1 茶匙小蘇打

1 teaspoon salt 1 茶匙鹽

1 cup butter, softened 1 杯軟化奶油

3/4 cup granulated sugar 3/4 杯砂糖

3/4 cup packed brown sugar 3/4 杯紅糖

1 teaspoon vanilla extract 1 茶匙香草精

2 large eggs 2 顆雞蛋

2 cups (12-oz. pkg.) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels

1 cup chopped nuts 1 杯切碎的堅果

Directions 作法

PREHEAT oven to 375° F. 烤箱預熱至 375°F。

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar (砂糖), brown sugar (紅糖) and vanilla extract in large mixer bowl (攪拌缸的容器) until creamy.

Add eggs, one at a time, beating well after each addition (每次的加入) .

Gradually beat in flour mixture. Stir in morsels and nuts.

Drop by rounded tablespoon onto ungreased baking sheets (無油烘焙紙) .

BAKE for 9 to 11 minutes or until golden brown.

Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.