

# Baking in Black and White

By Katie Lindley



Here we are, a few days into the New Year, armed with resolutions to lose those five pounds, stop biting our nails, and generally, be a far better version of ourselves. We all know that those resolutions to cut our sugar intake will be gone by February, so indulge a little as we explore the land of black and white baking. One cookie can't really hurt, right?

## Black and Whites

All the best trends come from New York City, and not only the beautiful fashions that grace runways, but great food too. Black and white cookies, also called 'Half Moons', have been staples in bakeries and delicatessens across the city and much of the state for years. They even managed to make an appearance in a Seinfeld episode. These large, cake-like cookies covered in white icing on one side and chocolate on the other will move out of the city and on to your plate in no time.

### Ingredients

#### Cookie:

1 cup unsalted butter  
1  $\frac{3}{4}$  cups white sugar  
4 eggs  
1 cup milk  
 $\frac{1}{2}$  teaspoon vanilla extract

$\frac{1}{2}$  teaspoon lemon zest  
4  $\frac{3}{4}$  cups all-purpose flour  
 $\frac{1}{3}$  cup cornstarch  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt

#### Icing:

4 cups powdered sugar  
 $\frac{1}{3}$  cup boiling water  
3 tablespoons semi-sweet  
chocolate chips

### Directions

#### Cookie:

1. Preheat the oven to 375 degrees Fahrenheit and grease two cookie sheets.
2. Cream together the butter and sugar until smooth.
3. Beat in the eggs and then stir in the milk, vanilla and lemon zest.
4. Combine flour, cornstarch, baking power, and salt.
5. Slowly add the dry mixture to the creamed mixture.
6. Drop tablespoonfuls of the dough two inches apart on baking sheets.
7. Bake until edges begin to brown, about 20 to 30 minutes, and let cool completely.

#### Icing:

1. In a large bowl, combine the powdered sugar and boiling water, one tablespoon at a time until it is thick.
  2. Melt the chocolate chips.
  3. Add melted chocolate to half of the icing.
- Frost them, one side with white icing and once side with chocolate, then let the icing harden.

\*Recipe adapted from Allrecipes.com:

Buying cake flour is just silly when you can add cornstarch to all-purpose flour for the same effect. We substituted lemon zest for lemon extract because one lemon will cost less and be more useful than a bottle of lemon extract.

# Whoopie Pies

Whoopie Pies, Oreo's cake-like cousins, are a classic in New England bakeries. It was even named Maine's State Treat. This easy recipe will show you why they are so iconic.

Ingredients		
Cake:		
1 package of devil's food cake mix	Filling:	
3/4 cup water	5 tablespoons all-purpose flour	1 cup white sugar
	1 cup milk	2 teaspoons vanilla extract
	1 cup shortening	

Directions	
Cake:	
1. Combine the cake mix and water.	
2. Drop onto a grease cookie sheet in three-inch circles.	
3. Bake until a toothpick inserted in the center comes out clean.	
Filling:	
1. In a saucepan, bring the milk and flour to a boil, stirring constantly, until it forms a thick paste. Let cool.	
2. Beat the sugar and shortening until fluffy then add the vanilla and cooled flour mixture.	
3. Beat until the filling has doubled in volume.	
4. Assemble the cookies by spooning a dollop of the filling between the flat sides of two cookies and serve.	
*Recipe adapted from AllRecipies.com	

# Oreos

Oreos conjure pure Americana. The creative way one eats the cookie says a lot about a person. Do you dunk? Lick the cream filling before eating it? Eat it all in one bite? However you choose to do it, the end result is delicious. You could easily buy a package of Oreos from the store, but the rave reviews you receive will more than make up for the trouble.

Directions	
Cookie:	
1. Preheat oven to 375 degrees Fahrenheit.	
2. In a bowl, thoroughly mix flour, cocoa powder, baking soda, baking powder, salt and sugar.	
3. Beat in the butter then the egg until the dough becomes stiff.	
4. Spoon a tablespoon of batter onto a greased baking sheet and flatten the dough with your fingers.	
5. Bake for eight to ten minutes.	
Filling:	
1. Gradually beat the sugar and vanilla with the butter and shortening. Continue beating until the mixture is fluffy.	
Place a dollop of the filling onto one cookie and then press another cookie on top of the cream until the filling is evenly spread between the cookies.	
*Recipe adapted from Smittenkitchen.com	
Normally, using shortening is a no-no, but necessary in this recipe to keep the filling together. If you don't have any or don't want to use shortening, you can replace it with another half stick of butter.	

Ingredients	
Cookie:	
1 1/4 cups all purpose flour	1/4 teaspoon salt
1/2 cup unsweetened cocoa powder	1 cup sugar
1 teaspoon baking soda	1 1/4 sticks unsalted butter
1/4 teaspoon baking powder	1 large egg
Filling:	
1/2 stick unsalted butter	2 cups powdered sugar
1/4 cup shortening	2 teaspoons vanilla extract

