



Cookies for Any Occasion



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Cookies are classic favorites that remind us of home, childhood and comfort food. Cookies help us celebrate the holidays and preserve family traditions. We know not to tamper with success. It's just that our soy-enhanced cookie recipes are a little out of the ordinary, and a little bit better for you. You'll want to add these recipes – compliments of experts who teach tomorrow's chefs, cook for restaurant-goers, and serve up healthful meals for a wellness program – to your own repertoire. When you do, you'll discover that great cookies have never before been soy easy!



Cinnamon Pecan Cookies

Christopher Koetke, Dean of Culinary Arts, Kendall College

Makes 48 cookies

Even the name makes you hungry, doesn't it? Cinnamon and pecan seem synonymous with great baked goods, and this recipe boasts an extra boost of goodness from soy flour. Mix, chill, slice and bake; before you know it, you'll be serving a new favorite cookie.

1/2 cup sugar

1/2 cup brown sugar

1 egg

1 teaspoon vanilla extract

1 teaspoon cinnamon

1 cup soy flour

1 -1/2 cups all-purpose flour

2 teaspoon baking powder

1/4 teaspoon salt

3/4 cup pecan pieces



In large mixing bowl, cream butter and sugar until light and fluffy. Add egg, vanilla and cinnamon and beat well. In small bowl stir together soy and all-purpose flour, baking powder and salt. Add to egg mixture and mix well. Stir in pecans. Divide dough in half and roll each half into a log. Wrap both rolls tightly with plastic wrap and chill in freezer for 30 minutes or several hours in refrigerator. To bake, preheat oven to 350°F. Unwrap log and cut into 1/4-inch thick slices. Arrange on greased baking sheet. Bake until lightly browned, about 10 minutes.

Esselweih (a holiday cookie)

Chef Ephraim Malag and Pastry Chef Erin Wittrock, Tournament Club of Iowa

Makes 4 to 5 dozen cookies

Celebrate the holidays with these attractive, bite-sized cookies and their rich, creamy icing made with butter, mascarpone and cream cheese. These cookies offer a double whammy protein burst from soy nuts and soy flour, and they taste as great as they look.

Cookie Dough:

- 1 cup shortening
- 3/4 cup brown sugar
- 2 eggs, separated
- 1/4 teaspoon vanilla extract
- 1 -1/2 cups all-purpose flour
- 1 cup soy flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- Pinch salt
- 1 cup finely chopped soy nuts

Frosting:

- 4 ounces (1 stick) butter, softened
- 2 ounces cream cheese, softened
- 2 ounces Mascarpone cheese
- 1/2 cup to 1 cup powdered sugar
- 1/2 teaspoon vanilla extract



Preheat oven to 350° F. In large mixing bowl, beat shortening, brown sugar, egg yolks and vanilla until well blended. In small mixing bowl, stir together flours, baking soda, cream of tartar and salt. Add flours to egg mixture and beat until blended. In small bowl, beat egg whites with a fork until just frothy. Using measuring teaspoon or by teaspoonsful, form dough into 1-inch balls. Dip balls in slightly beaten egg whites and then roll in chopped soynuts. Place on ungreased baking sheet and bake 5 minutes. Remove cookies from oven and press thumb onto top of each cookie to form a small cup. Bake 5 more minutes. Transfer cookies to rack and let cool.

Frosting:

In medium mixing bowl, combine all ingredients and beat well. If you wish, tint frosting green or red with food coloring. Drop frosting from tip of spoon into center of each cooled cookie. Sprinkle with additional chopped soy nuts, if you wish.

Almost Vegan Cinnamon Chocolate Chip Cookies

Andrew Mayne, Executive Chef of Catering, Stanford University

Makes 24 cookies

Almost vegan or almost heaven – we wavered when naming these cookies. We didn't want to over-promise, but once you taste the chocolaty goodness, you'll see why it's best to focus on what's in them rather than what's not. Sure, this is a cholesterol-free recipe, but all you'll notice are the great texture from soy flour, and a delightfully rich chocolate flavor.

- 1/2 cup soy flour (35% protein)
- 1/2 cup all-purpose flour
- 1/4 cup powdered sugar
- 1/2 teaspoon baking powder
- Pinch salt
- 1 cup semi sweet chocolate chips, divided
- 1/4 cup soy oil
- 3 tablespoons water
- 1 teaspoon vanilla extract
- 1 teaspoon sugar
- 1/4 teaspoon cinnamon



Preheat oven to 350°F. Sift soy flour, all-purpose flour, powdered sugar, baking powder and salt into medium mixing bowl. Stir in 1/2 cup of the chocolate chips. Melt the second 1/2 cup of chocolate chips in microwave or in bowl over hot water. Stir in oil, water and vanilla. Stir melted chocolate mixture into flour mixture until well blended. Using a 1-ounce cookie scoop, or by rounded teaspoonsful, drop cookies onto parchment or silicone lined baking sheet. Using back of a fork, press down twice to create a criss cross pattern. In small bowl stir sugar and cinnamon together. Sprinkle a pinch over each cookie. Bake 10 minutes. Remove from baking sheet and cool on rack.

Notes: You can blend the soy oil with olive oil depending how much of a background olive oil flavor you like.

This recipe has 0% cholesterol. It is almost vegan. The chocolate does have a small amount of milk product in it.

Gluten-Free Refrigerator Cookies

By Wayne Tudor, Sodexo/Wellmark, Des Moines, IA

Makes 24 cookies

What could be simpler than this recipe that's just right for anybody on a gluten-free diet? The secret is in the soy flour. The only difficulty you're likely to encounter is keeping enough of these cookies on hand, because everybody's going to want to try a few to see how good they are.

1/3 cup sugar

3 tablespoons soy oil

1/2 teaspoon lemon or almond extract

1 cup soy flour

2 tsp baking powder

1/4 teaspoon salt

1/4 cup water



In large mixing bowl, stir together sugar, oil and extract. Sift soy flour, baking powder and salt into the oil mixture. Add water and mix to form a dough. Form dough into a log, wrap in plastic wrap and refrigerate for at least 2 hours.

Preheat oven to 325°F. Unwrap log. Cut dough into 1/4-inch thick slices and bake on greased baking sheet for 15 minutes. Cool on rack.

Can be iced or great as they are.

Ohana Ono Cookies

Chef Ephraim Malag and Pastry Chef Erin Wittrock, Tournament Club of Iowa

Makes 30 cookies

In the Hawaiian language, ohana refers to family, and ono means something delicious and good to eat. There you have it: This great-tasting cookie recipe was created by chef Ephraim Malag, a native of Hawaii, and pastry chef Erin Wittrock. True to their name you'll want to serve these delicious cookies to your family. Soynut butter, oats, soy nuts and macadamia nuts make the cookies memorable.

- 1/2 cup (1 stick) butter, softened
- 1 cup plus 2 tablespoons packed brown sugar
- 1 cup granulated sugar
- 2 cups soynut butter
- 3 eggs
- 3/4 teaspoon light corn syrup
- 1/4 teaspoon vanilla extract
- 4 1/2 cups old fashioned oats
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 cup chopped macadamia nuts
- 1 cup chocolate covered soy nuts (optional)



Preheat oven to 350° F. Lightly grease several cookie sheets and set aside. In large mixing bowl, cream butter and sugars at medium-high speed until light and fluffy, about 30 seconds. Add soynut butter, eggs, corn syrup and vanilla and beat until well blended. Add oats, soda and salt and mix. Stir in nuts (dough will be stiff). Form cookies by packing dough into 1/4 cup measure and then dropping 4 inches apart on prepared cookie sheet. Lightly press each cookie with bottom of glass or measuring cup to form a 3 1/2-inch diameter circle. Bake until center of cookies is just slightly soft, about 12 to 15 minutes. Let stand 1 minute and then transfer to cooling racks.

Toffee Bars

Linda Funk, Executive Director, The Soyfoods Council

Makes about 2 dozen bars

Once you've tasted them, you might be tempted to hoard these satisfying cookies that are reminiscent of candy bars, but that would be selfish. It's best to go ahead with your original plan to share them with family and friends. You'll feel good about yourself, knowing these scrumptious cookies are made with soy flour and soy nuts.

- 1 cup butter, softened
- 1 cup firmly packed brown sugar
- 1 egg yolk
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1 1/2 cups all purpose flour
- 1/2 cup soy flour
- 2 (3 -1/2-ounce) bars milk chocolate, melted
- 3/4 cup chopped soy nuts

Preheat oven to 325°F. In large mixing bowl, cream butter until light. Add sugar, egg yolk, vanilla and salt and beat until well blended. Add all-purpose flour and soy flour and mix well. Spread evenly in a lightly greased 10-x15-x2-inch pan. Bake at 325 degrees for 12-15 minutes. (Watch carefully because cookies brown quickly.) Let cool for about 5 minutes. Spread with melted chocolate. Sprinkle with chopped nuts. Cool completely. Cut into bars.



Ginger-Lime Shortbread

Iowa Culinary Institute Students

Makes 24 cookies

Who would have thought that a cookie that originated in Scotland would take a turn and head for the tropics? Lime peel and ground ginger give shortbread a delicious new accent, while soy flour and soy nuts give it a new nutrition profile.

- 3/4 cup all-purpose flour
- 1/4 cup soy flour
- 1/4 cup light brown sugar
- 1 teaspoon shredded lime peel
- 1/2 teaspoon ground ginger
- 1/2 cup butter
- 2 tablespoons finely chopped toasted soy nuts

Preheat oven to 375°F. In a medium mixing bowl combine all-purpose flour, soy flour, brown sugar, lime peel and ginger. Cut in butter until mixture resembles fine crumbs. Stir in chopped soy nuts. Form mixture into a ball and knead until blended.

On a lightly floured surface roll dough to 1/8" thickness. Using a 2 inch round or scalloped cutter, cut dough. Place rounds 1 inch apart on ungreased cookie sheets. Bake 6 to 7 minutes or until edges are golden. Cool on cookie sheet 2 minutes. Transfer to wire rack. Store tightly covered.



Soynut Butter Cookies

Iowa Culinary Institute Students

Makes 36 cookies

Take the time-honored peanut butter cookie, update it with contemporary ingredients such as soy nuts and soynut butter, add some chocolate, and what do you have? A tasty new favorite that gives a nod to healthfulness and a great big hug to tradition.

1 1/4 cup all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1/2 cup butter, softened

1/2 cup soynut butter

1 cup firmly packed brown sugar

1 egg

1 teaspoon vanilla

1/2 cup mini semi-sweet chocolate pieces

1/4 cup roasted soy nuts

Preheat oven to 375°F. In a small bowl stir together flour, baking soda, baking powder and salt. In a large mixing bowl beat butter, soynut butter, brown sugar, egg and vanilla until well blended. Beat in flour mixture until thoroughly mixed. Stir in chocolate pieces and soynuts.

Drop by rounded teaspoons 2 inches apart onto ungreased cookie sheets. Bake 8 to 10 minutes or until lightly browned. Cool on cookie sheet 2 minutes. Transfer to wire rack.



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