

Chocolate Chip Butter Bars

Teaching Guide For Parents

Tools You'll Need	Ingredients You'll Need
Electric Mixer	1 Cup Butter, at room temp
Large stirring spoon	1 Cup Sugar
Large mixing bowl	2 Cups All Purpose Flour
1 cup measuring cup	1 Egg
1 tablespoon	1 Tablespoon Vanilla
8x8 or 9x9 baking dish	1 Cup Semi Sweet Chocolate Chips
Freshly washed hands	Cooking spray

Preheat the oven to 350 degrees.

Why do we preheat the oven? Because we want the oven to be cooking at the ideal temperature the entire time our cookies are baking. 350 degrees is a good average temperature, you'll be surprised at how many recipes cook at this precise temperature.

When your oven is preheated your dish starts cooking the moment you put it in the oven.

In a large mixing bowl place butter and sugar. Mix this together with an electric mixer until fully combined and fluffy.

This is called creaming the butter and sugar. Do you see why it is important for our butter to sit at room temperature for a few hours before this step? This makes the butter soft enough to easily mix in with the sugar. If we tried to take our butter from the fridge and microwaved it to get it soft, there would be wet spots and we wouldn't have this fluffy mixture we usually see when we mix butter and

sugar together. Creaming the butter and sugar is the first step in a lot of baking recipes.

Mixing Skills - if using a hand mixer, show your child that it is important to always keep the beaters inside the bowl and never look away or tilt your mixer up while mixing or you will have a shower of flour and ingredients sprayed all over the kitchen.

Add in flour, egg, and vanilla. Beat with an electric mixer until fully incorporated and a dough is formed, scraping down sides as needed.

Show your child how to measure the flour out, not pack it. You can dip the measuring cup into the canister or spoon flour into the cup, with spooning being preferable because it is least likely to result in packed flour. The reason why you don't want packed flour is because you would end up with a lot more flour than the recipe called for. Once the cup is full, take the flat side of a butter knife

and scrape along the top to level it off. If you'd like, after you bake the cookies you can let them pack a cup of flour and then pour it out into a bowl, then measure a cup by filling it lightly with a spoon and dump that out into a bowl to see the difference in amount of flour.

Different Types Of Flour: There are a lot of different types of flour but the two you'll see most often in recipes are All Purpose and Self Rising. Usually, when you use all purpose, you'll add salt and baking powder or baking soda to them. This is what causes breads, cookies, and cakes to rise. Self Rising flour already has these ingredients mixed in so you don't have to add them. This recipe, though, doesn't use things to make it rise because we want the texture to be dense, like a brownie.

Vanilla - Let your child smell the vanilla and ask them what it smells like. Many kids will say it smells like cookies. Explain that vanilla is a concentrated flavoring made from vanilla beans that is used to give baked goods a wonderful flavor. If you have other flavorings (especially ones such as lemon or butter flavoring) let them smell those too and see if they can guess any recipes that might use them.

Cracking eggs - This is a favorite rite of passage for young bakers. If your child has never cracked an egg before let them practice with a few (you can refrigerate them to use later if there aren't too many shell pieces) and let them crack the egg for this recipe into a separate bowl, then pour it in. Explain that this makes it easier to make sure there aren't shells in your recipe until you get used to cracking them. Some adults still crack their eggs into separate bowls, which is absolutely fine. For fun, ask them what they think cookies would taste like with crunchy egg shells in every bite.

Explain that we scrape down the sides and bottom to get those ingredients that are hiding to play with the others.

Stir in the chocolate chips by hand using a large spoon

This will require a bit of elbow grease and you can use the mixer if you like but explain the benefits of stirring them in are that the chocolate chips can get broken up into pieces with the mixer but remain intact when doing it by hand.

Spray the pan with cooking spray.

Spoon dough into baking dish.

Wet hands just a bit and pat the dough out so that it is even. When we wet our hands the dough doesn't stick to them as much as it does to dry hands.

Place in oven and bake for 25-30 minutes, or until lightly browned around the edges.

Be careful not to over bake. **Allow to cool before cutting.**

****Let your child cut and serve the bars, top with heaps of praise.****

Chocolate Chip Butter Bars

1 cup sugar
1 cup butter, at room temp
1 large egg
1 tablespoon vanilla
2 cups all purpose flour
1 cup chocolate chips

1. Preheat oven to 350.
2. In large mixing bowl, place butter and sugar. Cream together with an electric mixer until well combined and fluffy.
3. Add in flour, egg, and vanilla. Beat again until fully incorporated and a dough is formed, scraping down sides as needed.
4. Add in chocolate chips and stir by hand until mixed in.
5. Spray 9x9 or 8x8 inch baking dish with cooking spray.
6. Spoon dough into dish. Using wet hands pat out into dish until it is even.
7. Bake for 25-30 minutes, or until just lightly browned on the edges, being careful not to over bake. Allow to cool before cutting.

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Common Sense Policy: It is to be understood that adults are responsible for acquiring and using common sense when it comes to all aspects of life, but especially teaching children how to cook. Parents and guardians are required to determine if a child is old enough to use a sharp knife, place dishes in and out of the oven, use a stove eye, etc. If at any point you feel a child is not mature enough to handle these on their own, do it yourself or supervise them to whatever degree you deem necessary. Remember: fire is hot, knives are sharp, ovens can burn.