



Creative Cooking

Fortune Cookies

Ingredients: makes 12

100g plain flour
pinch of ground ginger
pinch of salt
3 large egg whites
100g icing sugar
1 teaspoon vanilla extract
75g unsalted butter, melted and cooled slightly



Method

1. Preheat oven 150°C, 300°F, gas mark 2. Then line 2 baking trays with baking parchment. Sift flour and ground ginger. In small bowl whisk the egg whites with a pinch of salt, until foamy and a little stiff. Add the icing sugar and vanilla extract and whisk until combined. Stir in the dry ingredients, then add the melted butter and mix until smooth. Set aside for 10 minutes.
2. Draw 4 x 8cm circles on each sheet of baking parchment and spoon 1 tablespoon of mixture on to each circle. Using either the back of a spoon or a palette knife, spread the mixture in an even layer to fill the circles. Bake 1 sheet on the middle shelf of the preheated oven and the other on the shelf below for about 6-8 minutes, until the cookies are starting to turn golden at the edges.
3. Working **quickly**, remove one sheet of baking parchment from the oven at a time, leaving the baking tray inside and, using a palette knife, carefully and quickly lift the cookies off the parchment. Flip the cookie over, lay your fortune message in the middle and fold the cookie over it in half. Bring the points of the cookie together to make the fortune cookie curl and leave to cool in a muffin tin (this will help to keep their shape). Repeat with the remaining cookies.
4. Once you have used up all the mixture and all of your cookies are baked and shaped, slide the muffin tin into the oven for a further minute to brown them evenly.

***History of the Fortune Cookie** The origins of the Fortune Cookie was laid down by the Chinese 49'ers who worked on the building of the great American railways through the Sierra Nevada into California. Work was very hard and pleasures were few in isolated camps. The 49'ers only pleasure were biscuits with happy messages inside, to exchange at the Moon festival instead of traditional cakes with happy messages, thus the FORTUNE COOKIE was born.*