

-KAMIL CALMESE—RED VELVET COOKIES—KENWOOD AHS//11TH—

SOUNDS PRETTY SIMPLE. A RED VELVET CAKE TRANSFORMED INTO A COOKIE. I'VE BEEN OBSESSED WITH RED VELVET DESSERTS SINCE I WAS LITTLE AND TRANSFORMING IT INTO A COOKIE JUST SEEMED RIGHT.

History

ALTHOUGH RED VELVET COOKIES AREN'T SOMETHING HISTORICAL, RED VELVET CAKE, ON THE OTHER HAND, HAS A GOOD AMOUNT OF HISTORY BEHIND IT. VELVET CAKES HAD BEEN MADE SINCE THE 1800s. RECIPES CALLED FOR THE USE OF COCOA TO SOFTEN FLOUR AND MAKE FINER TEXTURE CAKES. THIS SMOOTHER TEXTURE GAVE THESE CAKES THE NAME VELVET CAKES. A MAHOGANY CAKE ALSO WAS POPULAR WHICH INCORPORATED COCOA AND COFFEE (ITS COUSIN BEING DEVIL'S FOOD CAKE). BY THE EARLY 1900s RECIPES SURFACED FOR COCOA VELVET CAKES, RED COCOA CAKES, AND OTHER VARIATIONS. ONE OF THE MOST PROMINENT MENTIONS OF RED VELVET CAKE CAME IN 1943 IN IRMA S. ROMBAUER'S "THE JOY OF COOKING" (YES - THE BOOK THAT INSPIRED JULIA CHILD'S CAREER). WHILE MS. ROMBAUER WAS NOT A FAN AND MADE NOTE OF THIS IN HER BOOK, IT WAS ONE OF THE FIRST NATIONALIZED MENTIONS OF THE RED VELVET CAKE. WHEN ITEMS IDEAL FOR BAKING (SPECIFICALLY SUGAR AND BUTTER) WERE RATIONED DURING WORLD WAR II, SOME BAKERS BEGAN ADDING BEETS OR BEET JUICE TO THEIR CAKES. THIS WAS DONE FOR A VARIETY OF REASONS. THE RED FROM THE BEET JUICE MADE THE CAKES MORE APPEALING, AND THE BEETS ALSO ACTED AS A FILLER AND KEPT THE CAKES MOIST. SOME RED VELVET RECIPES DO ACTUALLY CALL FOR BEETS, BUT THERE IS NO CLEAR CORRELATION BETWEEN BEETS AND RED VELVET CAKE, BUT RATHER JUST ONE THEORY ON THE CAKE'S ORIGINS.

RECIPE

INGREDIENTS

- * 1 CUP BUTTER (COLD) (CUT INTO SMALL CUBES)*
- * 1 CUP BROWN SUGAR*
- * 1/2 CUP SUGAR*
- * 2 LARGE EGGS*

*** 2 TEASPOONS VANILLA**

*** 2 TEASPOONS RED FOOD COLORING**

*** 2 TABLESPOONS UNSWEETENED COCOA POWDER**

*** 3 CUPS FLOUR (OR 1 1/2 CUPS OF CAKE FLOUR PLUS 1 1/2 CUPS OF ALL-PURPOSE FLOUR, DO NOT PACK DOWN THE FLOUR)**

*** 1 TEASPOON CORNSTARCH**

*** 3/4 TEASPOON BAKING SODA**

*** 1 TEASPOON SALT**

*** 1 1/2 CUPS WHITE CHOCOLATE CHIPS**

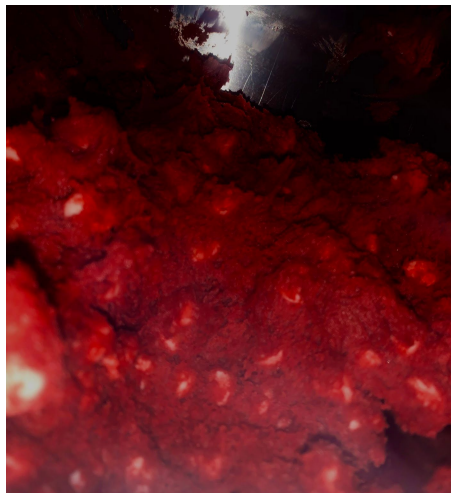
INSTRUCTIONS

1. PREHEAT THE OVEN TO 400 DEGREES. IN A LARGE BOWL, CREAM TOGETHER BUTTER, BROWN SUGAR, AND SUGAR FOR 4 MINUTES, OR UNTIL LIGHT AND FLUFFY. ADD EGGS, VANILLA, AND RED FOOD COLORING. SCRAPE THE SIDES OF THE BOWL.

2. FOLD IN COCOA, FLOUR, CORNSTARCH, BAKING SODA, AND SALT. FOLD IN WHITE CHOCOLATE CHIPS.

3. LINE A LIGHT-COLORED BAKING SHEET WITH PARCHMENT PAPER OR SILPAT. SCOOP 3 TO 4 OUNCES OF COOKIE DOUGH ONTO THE BAKING SHEET. BAKE FOR 8 TO 10 MINUTES. LET COOL FOR 10 MINUTES BEFORE EATING TO ALLOW TIME TO SET-UP

PICTURES



***FAVORITE QUOTE: "IF YOU'RE ALWAYS TRYING TO BE NORMAL, YOU'LL NEVER
SEE HOW AMAZING YOU CAN BE."-MAYA ANGELOU***