

TrueGirl

PRESENTS

The Great Christmas Cookie Decorating Party

December 7 • 7-8:30pm ET



ERIN DAVIS



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ANNE YORKS

- ♥ For moms and daughters of all ages
- ♥ Hosted by True Girl founder Dannah Gresh & lead teacher Staci Rudolph
- ♥ With special guest Erin Davis, author of 7 Feasts
- ♥ Featuring cookie artist and instructor Anne Yorks, The Flour Box

Learn more at mytruegirl.com/Christmas

Hello True Girls!

Decorating Christmas cookies is one of our favorite family traditions! That's why we're thrilled to decorate Christmas cookies with you, the True Girl family, on Dec 7th.

We will be making 3 Christmas cookies: Bethlehem Star, Christmas Tree, and Candy Cane. During the True Girl event, Anne Yorks from The Flour Box will show you how to create these cookies step-by-step. Plus, she'll share how these cookie designs will help us remember and share our hope in Christ this holiday season.

Anne created this guide with suggestions to help you get ready to decorate! You'll find her recipes and tips to prep your cookies and icing so we can decorate together!

{ Before we decorate }

1. Bake your cookies. Use Anne's cookie recipe on page 5 to prep your cookies.
2. Make your icing. Use Anne's royal icing recipe on pages 3-4. You'll need 4 icing colors. See the complete icing guide on page 3 to make colors to the right consistencies!



Thank you for decorating with us!

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Materials List

- 4 - Tip #2 Wilton Tips or #2 PME Tips
- 8 Decorating Icing Bags for piping and flooding
- 4 Couplers
- Toothpick (or boo boo stick or scribe tool)
- 3 Food Gels (Holiday Red, Holiday Green, and Lemon Yellow) - see color guide below)
- 3 Cookie Cutters: 5" Christmas tree with star, Small Bethlehem Star, and
- Gold Star Sprinkles (optional)



Making the Icing Colors

**Make a single batch of icing to decorate the single batch of cookies.

Before we decorate

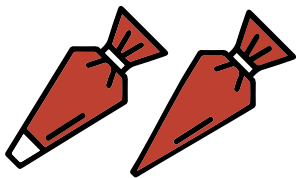
On this project I used Celebakes food gels.

****PLEASE NOTE:** – I suggest bagging the **pip**ing icing in bags with a coupler and tip. The **flood** icing can be bagged without a coupler and tip – we'll trim the bag during class:

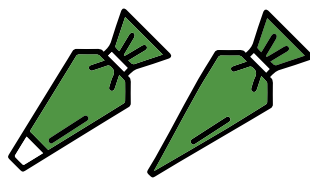
Colors by the Ounce (a single batch is ~18-20 oz, You do not have to measure exactly, just estimate!)



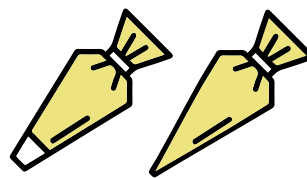
You'll need **PIPE AND FLOOD** icing consistencies for these colors:



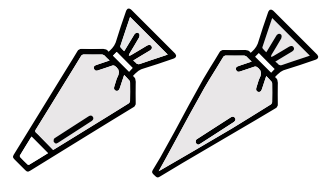
4 oz Holiday Red
1 oz PIPE with tip #2
3 oz FLOOD



7 oz Holiday Green
1 oz PIPE with tip #2
6 oz FLOOD



5 oz Lemon Yellow
1 oz PIPE with tip #2
4 oz FLOOD



4 oz White
1 oz PIPE with tip #2
3 oz FLOOD

Icing Recipe

Watch this YouTube video to see making icing in action!

<https://www.youtube.com/watch?v=PxYmzRgSoag>

Making Royal Icing (plan for an hour to mix a batch of icing and make 5-6 colors)

ROYAL ICING RECIPE

- 1 pound 10x/powdered sugar (or 4 cups)
- 1/3 cup warm water, plus several tablespoons for making icing consistencies
- 1/4 Meringue Powder
- 1 tsp flavor (I use Clear Vanilla)
- 2 tsp White Food Gel (optional)



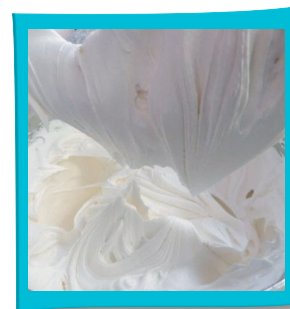
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Steps to Making Royal Icing

Pour 1/3 cup warm water into mixer. The warm water will help dissolve the meringue powder. Add ¼ cup meringue powder. Mix for a minute on medium speed until fluffy and foamy. Scrape sides if necessary.

1. Add 1 tsp of flavor and mix until incorporated. I use vanilla. You may wish to use clear vanilla for an extra white base icing. Lemon and/or almond are also popular icing flavors.
2. Once the water and meringue powder mixture is fluffy and foamy, add 1 pound of powdered sugar; which is approximately 4 cups. Keep mixer on low, add slowly to avoid a powdery explosion.
3. Once all the sugar is added, I increase the speed to 4 (or a medium/low speed). The amount of mixing time can vary from 4-7 minutes depending on the humidity. Beat icing until it changes from the ivory color to a white. After a few minutes of mixing, you'll notice the icing will become stiff and it increases in size. Take care not to overmix. If the icing looks like marshmallow, it will not perform!
4. Add **WHITE** food color to the icing. This is **OPTIONAL**. I usually add 2 tsp (or just a really good squeeze). TIP: If your icing seems too stiff, add another tablespoon or two of water to loosen the icing a bit. I like to mix the icing thick, but then use the water to bring it to a nice soft peak/piping icing consistency.
5. This photo is a great example of a soft peak... perfect for PIPING outline and details!!



6. Separate icing into 6 containers with an airtight lid. If left uncovered, icing will crust.
7. Mix colors. See icing color guide below! (if prepping the day before the class, leave the icing colored in the containers in the piping consistencies. You can make your icing consistencies and bag your icing just before class starts. Allow 45 mins for this final prep work)
8. I use a glass to hold my icing bag while I fill. A damp paper towel in the bottom of the glass helps keep the tips from drying out.



9. Remove a small portion (1 tablespoon) for piping and put it in the icing bag with tip #2.
10. Then use remaining icing in the container for flood icing. Add a small amount of water to the remaining icing to thin it down to the flood icing consistency. Do the 10-second test with your spatula to double check that it is not too thin or thick.
11. See how this icing ribbons and sits up on top of the icing. It will eventually blend in, but this is a great example of the Flood consistency. Not too thick, but not thin/watery! I pour this icing into a tipless bag for flooding.





General Cookie Info

{ Cookie Recipe }

MAKING THE DOUGH (30 MINS)

- 1 cup (or 2 sticks) of butter – softened
- 1 cup sugar
- 1 egg
- 1 ½ tsp flavor, vanilla, almond, lemon, etc.
- (I like the flavor emulsions)
- 2 ¾ cup Flour (+ a little extra for rolling)
- ½ tsp. salt (omit if using salted butter)

Yields 18-24 cookies (varies on size and thickness of cookie)
(This recipe can be doubled in most 5Qt mixers.)



Steps to Making the Cookie Dough

1. Cream together 1 cup softened butter (I leave it out for an hour or microwave it for 10 seconds before mixing) and 1 cup sugar until blended and light and fluffy.
2. Add 1 egg and 1 ½ teaspoon flavoring and incorporate (I like to use emulsions because the flavor does not bake out. Butter Vanilla is my favorite).
3. Add flour one cup at a time. ****Avoid adding too much flour your recipe. Fluff and spoon (don't scoop) flour into your measuring cup. Then add one cup of flour to the dough at a time.**
4. Mix on low just until incorporated. Overmixing can result in a tougher cookie



Baking Tips

(PLAN FOR 1 HOUR TO ROLL AND BAKE DOUGH)

Use parchment paper for even browning and to prevent cookies from sticking to the sheet. When rolling, for even thickness, use pastry sticks, dowel rods, or rolling pin bands.



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1. Pre-heat oven to 350 degrees. (ovens vary, so test your recipe and baking temps!!!)
2. Bake for 11-13 minutes. (baking times also vary, so test your recipe and baking times!!!) Cookies should just barely be a light brown on the edge.
3. Cool cookie completely before decorating!



Have fun!



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