



THE ingles TABLE

with Sarah Elizabeth
Grandma Blue's Molasses Cookies

Shopping List

- 5 cups flour
- 1 cup shortening
- 1 cup sugar
- 1 cup molasses and 1 teaspoon baking soda, stirred together
- 1 cup sour milk* and 1 teaspoon baking soda, stirred together (*add 1 tblsp to one cup of milk to make your sour milk)
- ½ tsp cinnamon
- ½ tsp powdered ginger
- ½ tsp salt

Cooking Instructions

- 1)** Cream butter and sugar in a stand mixture, with a hand mixer on low, or by hand.
- 2)** Add the cinnamon, powdered ginger, and salt to the mixture and combine.
- 3)** Add molasses as mixed with the baking soda.
- 4)** Add sour milk as mixed with the baking soda.
- 5)** Add flour, a little at a time, and mix until a firm dough is formed.
- 6)** Chill dough in the refrigerator overnight.
- 7)** When ready to bake, preheat oven to 350 degrees. Roll your dough out on a well floured, flat surface to about a 1/4 inch thickness. Cut with your favorite cookie cutter shapes.
- 8)** Bake for 10 minutes on a cookie/pizza stone or flat pan on parchment paper. Do not overbake!



ingles-markets.com | inglestable.com