

## Chocolate Cookies

1 1/4 cups butter (softened)  
 2 cups white sugar  
 2 eggs  
 2 teaspoons vanilla extract  
 2 cups flour  
 3/4 cup unsweetened cocoa powder  
 1 teaspoon baking soda  
 1/8 teaspoon salt  
 3/4 cup white chocolate chips

Preheat the oven to 350 degrees. In a large bowl, cream together butter and sugar until smooth. Beat in eggs one at a time, then stir in the vanilla. Combine flour, cocoa, baking soda and salt. Stir into the creamed mixture until just blended. Add white chocolate chips. Drop by spoonfuls onto ungreased cookie sheets. Bake for 8 to 10 minutes in the preheated oven. Cool completely.



## Pumpkin Muffins

1 1/2 cups all purpose flour  
 1 teaspoon baking powder  
 1/2 teaspoon baking sod  
 3/4 tsp salt  
 1 1/2 teaspoon ground cinnamon  
 1/2 teaspoon ground nutmeg  
 1/4 teaspoon ground ginger  
 1 1/4 cups granulated sugar  
 1/2 cup vegetable oil  
 1 cup canned pumpkin  
 2 large eggs  
 1/4 cup apple juice

Preheat the oven to 350 degrees. Line a muffin pan with paper liners. In a large mixing bowl whisk together flour, baking powder, baking soda, salt cinnamon, nutmeg and ginger. In a separate mixing bowl whisk together sugar, oil, pumpkin, eggs, and apple juice until well blended. Pour pumpkin mixture into flour mixture and fold with a rubber spatula just until combined. Divide batter among prepared muffin cups. Bake for 20 - 25 minutes. Let cool completely.



# baking boredom

Students fire up the oven

The extended summer break due to the ever-growing COVID-19 that took over the world left people bored. People tried new things they would have never thought to try. One was baking. "During the long time off I found myself making a lot of food for my family and trying to learn how to bake new things," sophomore Grace Collins said. "I was always so bored and thought what better to do with my time than bake."

According to CNBC, at the beginning of March the #stressbaking on Instagram was used over 26,000 times. "Baking has been very soothing and meditative," junior Lauryn Johannson said. "It's helped me not focus on the crazy world around us."

Psychologists believe it is one of the best ways to combat anxiety and depression because it focuses the mind on exact measurements. One has to add ingredients in the correct order or the recipe will fail. Not being distracted by other thoughts can have a therapeutic effect.

Due to the demand of baking products, sales of flour and other ingredients soared. According to The Atlantic, one flour company saw its sales skyrocket 2,000%. Grocery stores were left with empty shelves. Junior Grace Rowland had difficulty finding flour and yeast. Sales of yeast grew 647% as many others started to make their own bread. "I have never been a bread baker," she said. "I have always baked desserts before, but with so much extra time I thought I would try it." The first time did not work at all, but she kept baking. Her fa-



Cinnamon Marble Cake

- 2 large eggs
- 1 cup heavy cream
- 1/2 teaspoon vanilla extract
- 1/2 cup sugar
- 1 cup flour
- 1 teaspoon baking powder, pinch of salt
- 1 tablespoon cinnamon

Preheat the oven to 350 degrees. In a large bowl, whisk eggs, cream, vanilla and sugar into a smooth mixture. Sift in flour, baking powder and salt. Beat until incorporated. Pour about 2/3 of the batter into the pan. To the remaining third of the batter add cinnamon and stir. Pour the cinnamon mixture into the pan and stir with a knife creating marble shape. Bake for 27 minutes. Cool completely.



Mini Blueberry Pies

- Store bought pie crust
- 2 cups blueberries
- 1 tablespoon flour
- 1 teaspoon cornstarch
- 3 tablespoons sugar
- 1 teaspoon lemon zest
- 1 tablespoon unsalted butter (room temperature)

Preheat the oven to 375 degrees. Use a 2 inch circle cutter to cut circles out of the pie dough. Take a mini muffin tin and place one circle in each opening. In a medium bowl, mix the blueberries, sugar, flour, cornstarch and lemon zest, tossing with hands or a large spoon. Divide this filling between the prepared bottom crusts. Place another circle on top of the prepared filling. Cut slit on top of pie. Bake mini pies for 18 to 20 minutes. Let cool completely on a wire rack.

favorite to make is cinnamon marble bread. "It's so yummy, and I just love seeing something I made from scratch turn out so good," she said.

Johanson also struggled with finding some of the basic staples of baking. "I remember going to the grocery store with my mom and the baking aisle was basically wiped clean. There was maybe a couple bags of sugar and no chocolate chips. I was really looking forward to making my favorite chocolate cookies, but the grocery store didn't have a lot of my ingredients."

Bakers found what they were going to make in different ways. "I kinda just baked whatever I wanted," Johanson said. "If I was craving cookies I would look up a recipe online and make cookies."

For others the baking had more meaning, "One day my mom was really craving pumpkin muffins so she pulled out her grandma's pumpkin muffin recipe from a box and I just followed that," Rowland said. "Those muffins are so good and have a lot of family history. They're pretty special."

Sophomore Grace Collins found recipes in a cookbook. "My dad bought this cookbook and one day I was looking through it and saw these delicious blueberry pies. I followed the recipe and now it's my family's favorite thing I make."

Baking created memories and helped with stress and anxiety. "I think baking is so special," Rowland said. "You can make so many amazing things while clearing your head."

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baking

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