



# HERITAGE CAMPS

FOR ADOPTIVE FAMILIES  
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Got some time on your hands with the little ones? Got some pre-teens or teens who need time away from the screen? Need a cookie break mom or dad? We're here for you!

Below are some pretty simple cookie recipes from around the world, or at least the part of the world our HCAF kids come from. We didn't include every single one of the countries/cultures represented at our camps (that would be about 30 recipes!), but at least *one* from each camp. If you have a cookie recipe to share from your child's culture (or your own), send it our way!

In the meantime, have some fun, enjoy, and stay happy!



## Russian Tea Cakes

### INGREDIENTS:

1 cup butter or 1 cup margarine, softened  
 $\frac{1}{2}$  cup powdered sugar  
1 teaspoon vanilla  
 $2 \frac{1}{4}$  cups all-purpose flour  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup finely chopped nuts  
powdered sugar

### DIRECTIONS:

- Heat oven to 400 degrees F.

- Beat butter, 1/2 cup powdered sugar and the vanilla in large bowl with electric mixer on medium speed or mix with spoon.
- Stir in flour and salt.
- Stir in nuts.
- Shape dough into 1-inch balls.
- Place about 2 inches apart on ungreased cookie sheet.
- Bake 8 to 9 minutes or until set but not brown.
- Immediately remove from cookie sheet, roll in powdered sugar.
- Cool completely on wire rack.
- Roll in powdered sugar again.

**BONUS!** This recipe is pretty much the same as the [Mexican Wedding Cookie](#) – two beautiful (and yummy) cultures for the price of one!



## Indian Nankhatai Cookies

Try our peanut butter Nankhatai Cookies and enjoy with a glass of milk. This Indian cookie recipe is great if you're looking for a new type of sweet treat!

### INGREDIENTS:

1 cup creamy peanut butter

1/2 cup sugar

1 cup flour

1/2 cup dried cranberries

2 tsp. ground cardamom

1/2 tsp. CALUMET Baking Powder

1/4 cup milk

### DIRECTIONS:

Heat oven to 300°F.

Beat peanut butter and sugar in large bowl with mixer until light and fluffy. Combine flour, cranberries, cardamom and baking powder. Add to peanut butter mixture along with milk; beat just until blended. (Mixture will be slightly crumbly.)

Roll into 30 balls, using about 1 Tbsp. dough for each. Place, 1 inch apart, on baking sheets. Flatten slightly.

Bake 12 to 15 min. or until lightly browned. Cool on baking sheets 3 min. Remove to wire racks; cool completely.



## Mbatata (African Sweet Potato Cookies)

### INGREDIENTS:

½ cup mashed sweet potatoes \*  
2 Tbsp unsalted butter, melted  
1 c [unbleached all-purpose flour](#)  
¼ c brown sugar, loosely packed  
2 tsp baking powder  
¼ tsp salt  
1 tsp cinnamon  
¼ c raisins

### DIRECTIONS:

- Preheat oven to 375°F.
- In a large bowl, mix mashed sweet potatoes and melted butter.
- Add flour, brown sugar, baking powder, and salt. Mix well until a soft dough forms.
- Add the raisins and mix until incorporated.
- Turn the dough out onto a well-floured surface and knead it a few times until the dough is solid enough to roll out.
- Roll the dough 1/2-inch-thick and cut the cookies with a cookie cutter (heart shaped is traditional). Place the cut cookies onto a parchment lined baking sheet. Re-roll and cut any remaining dough, until all the dough has been used.
- Bake the cookies for 12-15 minutes, until firm and slightly springy when touched.
- Remove the cookies from oven and let them cool on the pan for 5 minutes.

- Remove the cookies from the baking sheet to finish cooling on a wire rack.

#### Notes

**\*To make mashed sweet potatoes**, peel and quarter a medium sweet potato (roughly 1/2 lb.). Place it in a saucepan and cover it with water. Cover the pan and bring the water to a boil. Boil the peeled sweet potato for 30 minutes, or until easily pricked with a fork. Once cooked, drain and mash the potato with an electric hand mixer, until smooth.

You will need ½ cup of mashed sweet potatoes for 1 dozen cookies.

## Korean Sesame Seed Cookies (Ggae Gwa Ja)



#### INGREDIENTS:

- 1 cup butter (REAL, NO substitutions)**
- ¾ cup brown sugar**
- ¾ cup white sugar**
- 2 eggs**
- 1 teaspoon baking soda**
- 1 teaspoon hot water**
- 1 teaspoon vanilla extract**
- 3 cups flour**
- ¾ cup toasted sesame seeds**

#### DIRECTIONS:

- Cream butter with brown and white sugars. Add eggs and beat well. Add baking soda, hot water and vanilla extract. Mix well.
- Stir in flour and sesame seeds to make a stiff dough. Cover and chill until dough is firm.
- Roll heaping teaspoonfuls into balls; place on greased baking sheet, about 2" apart. Flatten slightly. Bake at 325 degrees for 10-12 minutes.



## Guatemalan Champurradas and Churros

### INGREDIENTS:

1 3/4 cup all-purpose flour  
1 tsp baking powder  
1 pinch salt  
1/2 cup sugar  
1/2 cup shortening I use Crisco butter flavor  
1 1/2 tbsp vanilla  
1 egg  
1 tbsp milk  
To decorate:  
1/2 tbsp sesame seeds  
1/4 cup sugar  
1 egg  
splash water or milk

### DIRECTIONS:

- In a medium bowl, whisk together flour, baking powder, and salt.
- In the bowl of an electric mixer fitted with the paddle attachment, beat together butter and sugar, until well combined.
- Mix in egg, vanilla and milk, scraping down sides of bowl as needed.
- Mix in flour mixture until fully incorporated, do not over mix. Divide the dough in half
- To make champurradas:
  - Roll half of the dough out on floured surface. Cut into circles and transfer to an ungreased cookie sheet. If you don't have circle cutters, divide half of the dough in 6 balls. Press them with a plate, if you like them crunchy make them really thin, if you want them more bread like make them about 1/4 inch high. In a shallow container whisk up the egg with a splash of cold water or milk until pale yellow and perfectly mixed. Use a pastry brush and paint the champurradas with a light, even coat of egg wash, then sprinkle on top the sesame seeds.

### To make Churros or Tostado:

Divide the dough in 6 balls. Roll each ball about 6 or 7 inches long. Fold the ends to the middle just as shown in the image. Place the sugar in a plate. Brush each churro with the egg wash and then cover them with sugar. Place them on the cookies sheet and Bake at 350°F until lightly browned about 7-8 minutes.



## Paciencia (Filipino Meringue Cookies)

### INGREDIENTS:

4 egg whites  
1 cup granulated sugar  
1 teaspoon vanilla or almond extract  
1/2 cup all-purpose flour  
1/4 teaspoon baking powder

### DIRECTIONS:

- Preheat oven to 275 degrees F and line 2 baking sheets with parchment.
- In a large bowl, beat egg whites until stiff peaks form. While continuing to beat, slowly add sugar, then extract.
- In a small bowl, combine flour and baking powder. Gently fold into the egg whites.
- Place the mixture into a large piping bag with a coupler or a large plastic bag with 1/2-3/4 inch clipped off the corner. Pipe cookies into 1 1/2-inch circles on prepared baking sheet. Bake in preheated oven until crisp and lightly golden, 20 minutes.
- Allow to cool on pans before transferring to airtight container.





## Chinese Almond Cookies

### INGREDIENTS:

1 cup butter, softened  
1 cup sugar  
1 egg  
1 teaspoon almond extract  
3 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/4 cup sliced almonds  
1 egg white  
1/2 teaspoon water

### DIRECTIONS:

- In a large bowl, cream butter and sugar. Beat in egg and extract. Combine the flour, baking soda and salt; gradually add to creamed mixture.
- Roll into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Flatten with a fork. Sprinkle with almonds.
- In a small bowl, beat egg white and water. Brush over cookies. Bake at 325° for 14-16 minutes or until edges and bottoms are lightly browned. Cool for 2 minutes before removing from pans to wire racks.

**BONUS!!** [Click here](#) for a Vietnamese variation of the same cookie – yum! Make them both and see which one you like best!



## Simple Chocolate Chip Cookies

### INGREDIENTS:

2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
Fine salt  
1 1/2 sticks (12 tablespoons) unsalted butter, at room temperature  
3/4 cup packed light brown sugar  
2/3 cup granulated sugar

2 large eggs  
1 teaspoon pure vanilla extract  
One 12-ounce bag semisweet chocolate chips

**DIRECTIONS:**

- Position 2 racks in the center of the oven and preheat to 375 degrees F. Line 2 baking sheets with parchment.
- Whisk together the flour, baking soda and 1 teaspoon salt in a large bowl.
- Beat the butter and both sugars on medium-high speed in the bowl of a stand mixer fitted with a paddle attachment (or in a large bowl if using a handheld mixer) until light and fluffy, about 4 minutes. Add the eggs, one at time, beating after each addition to incorporate. Beat in the vanilla. Scrape down the side of the bowl as needed. Reduce the speed to medium, add the flour mixture and beat until just incorporated. Stir in the chocolate chips.
- Scoop 12 heaping tablespoons of dough about 2 inches apart onto each prepared baking sheet. Roll the dough into balls with slightly wet hands. Bake, rotating the cookie sheets from upper to lower racks halfway through, until golden but still soft in the center, 12 to 15 minutes (the longer the cook time, the crunchier the cookies). Let cool for a few minutes on the baking sheet, and then transfer to a rack to cool completely.
- Let the baking sheets cool completely, scoop the remaining dough onto 1 sheet and bake. Store the cookies in a tightly sealed container at room temperature for up to 5 days.