

FRESH MINT CHOCOLATE CHIP COOKIES



GROWING THE FUTURE
TYFU'R DYFODOL

Try this mint chocolate chip cookie recipe. As they are made with fresh mint instead of mint extract, you'll find that the flavour is fresher than typical mint chocolate chips, with a delicate herbaceous note, because fresh mint doesn't contain the medicinal quality that mint extract has.

Ingredients:

- 110g unsalted butter
- Handful fresh mint leaves
- 130g dark brown sugar, lightly packed
- ½ tbsp vanilla extract
- 1 large egg
- ½ tsp salt
- ½ tsp bicarbonate of soda
- ½ tsp baking powder
- 175g plain flour
- 225g bittersweet chocolate chips

Method:

1. Chop the butter into small pieces and roughly chop the fresh mint. Place the butter and mint in a saucepan over medium heat and cook, stirring continuously, until lightly browned. Set aside to cool for 30 minutes (but don't let it solidify).
2. Pour the butter through a fine sieve to remove the mint pieces. Use a wooden spoon to squeeze the mint and extract any juices back into the butter.
3. In the bowl of a stand mixer fitted with a paddle attachment, cream together the minty butter and dark brown sugar. Mix in the vanilla and egg. Scrape down the bowl.
4. In a large bowl, mix the dry ingredients. With the mixer on low, gradually add in the dry ingredients.
5. Fold in the chocolate chips, then cover and refrigerate the dough for at least an hour.
6. Preheat oven to 190°C. Scoop about ¼ cup of dough per cookie onto baking sheets.
7. Bake 10-12 minutes, just until the edges are set and the middle still looks doughy. Allow to cool on the sheets for at least 10 minutes before removing.

GROWING THE FUTURE

The Growing the Future project at the National Botanic Garden of Wales is a five-year project to champion Welsh horticulture, plants for pollinators, the protection of wildlife and the virtues of growing plants for food, fun, health and well-being.

Whether you are a seasoned gardener, a fledgling grower or a budding beekeeper – we want to help provide training, information and support to you. For more information on the project's events and courses, please visit botanicgarden.wales/science/growing-the-future.

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