

Shopping List

Bulk

Organic fair-trade dark chocolate chips

Grocery

Organic sweetened condensed milk

Organic peppermint flavor

Organic powdered sugar

Organic vegetable shortening



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Community
FOOD CO OP
Bellingham's Natural Grocer

Downtown Store

1220 N Forest Street
Bellingham, WA 98225
Open Daily 7am-10pm

Cordata Store

315 Westerly Road
Bellingham, WA 98226
Open Daily 7am-9pm

Phone: 360.734.8158

sassysampler@communityfood.coop

www.communityfood.coop

Homemade Peppermint Patties



Homemade Peppermint Patties

INGREDIENTS

3/4 c organic sweetened condensed milk

1 1/2 t organic peppermint flavor (use less if you use real extract)

3–4 c organic powdered sugar (up to 1#)

3 c (18 oz) organic fair-trade dark chocolate chips

2 t organic vegetable shortening

INSTRUCTIONS

1. In a bowl, combine milk and peppermint flavor.
2. Stir in 3 c powdered sugar, to form a stiff dough. Once you have initially incorporated the sugar into the milk mixture, it is easiest to finish mixing with your hands.
3. Knead enough remaining sugar to form a dough that is very stiff and no longer sticky.
4. Working quickly, shape into 1" balls (really compact the dough) and place on a waxed paper or parchment lined baking sheet.
5. Flatten balls into 1 1/2" disks. Place cookie sheet in the freezer for half an hour, flipping them after 15 minutes (don't freeze them for longer than that).
6. Melt the chocolate chips and shortening in a double boiler or in a heatproof bowl over about 1" of boiling water, stirring frequently. The chocolate is easiest to work with when it remains hot, so once the water is boiling and the chocolate has melted, turn off the heat but keep the bowl on the pot to keep the chocolate warm.
7. Place a fork under a patty and dip in the chocolate mixture; tap fork against the side of the bowl gently and scrape excess chocolate off the bottom of the patty using the side of the bowl.

8. Place patty on waxed or parchment paper to harden—you can either do that at room temperature or in the fridge.

These have a great shelf life—keep them in an airtight container (separate layers with parchment paper) in the fridge for up to a month.



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