

Three C* Cookies

Ingredients:

Filling:

- 2 Sticks of butter
- 2-2.5 Cups of Graham cracker meal (use the extra 1/2 cup only if the filling needs thickening.
- 1 Can sweetened condensed milk (14 oz.)
- 1 Cup granulated sugar
- 1.5 Cups chipped walnuts (pieces from about pea size to bean size are best)
- 1 Cup shredded sweetened coconut
- 1 Egg

Icing:

- 1 Stick of butter
- 3 Tbs of milk
- 1/2 Tsps of vanilla extract
- 2 Cups confectionery sugar

Other:

- 1 Package of Graham Crackers for top and bottom layer. I suggest using Honey Maid "Fresh Stacks". These are squares and are easier to cut than the traditional large rectangles.. Use a serrated knife, using a sawing motion, to cut the crackers (see)

Container:

Line a 9 x 13 pan or dish with small Graham cracker rectangles. The straighter the sides the better. The more vertical (as opposed to sloping) the sides the better the top and bottom of the cookies will be aligned.

I suggest that after cutting your crackers, you melt 2/3 to 3/4 of a stick of butter and pour it into the pan amply coating the bottom of the pan with melted butter. Next, place your cracker rectangles in the bottom of the pan until it is covered. Finally, place the pan in the refrigerator to chill until the butter has hardened. This will hold the crackers in place when you put to filling on top of them and spread it out.

Filling:

In a sauce pan over low heat, melt two sticks of butter or margarine** and add: one cup of granulated sugar, one cup of sweetened condensed milk, and one beaten egg. Cook and stir over low heat for about two minutes and then turn off the heat. Stir in to the hot sauce: one cup of sweetened, shredded coconut, one to one and one-half cups of small walnut pieces, and two cups of well crushed Graham crackers to make Graham cracker meal, which can also be bought already prepared in many grocery stores. Blend the ingredients thoroughly. If your filling is not stiff enough add up to 1/2 cup of Graham cracker meal until the desired stiffness is achieved. The filling should be fairly stiff and not runny. It will get much firmer when it cools. Thus, use it before it cools down and becomes very stiff.

Evenly spread the mixture over the Graham crackers in the 9 x 12 pan. Next, add another layer of Graham cracker rectangles on the top of the mixture and lined up with the rectangles on the bottom, as best you can by estimation. Cover the pan and place it in the refrigerator and chill the cookies. When the filling has firmed and the top layer of crackers are firmly in place, mix up the icing and spread it over the top layer of cookies. Place back in the refrigerator to firm up the icing. (I usually do this overnight, but an hour is probably sufficient).

Icing:

Finally, melt another three-quarters to one stick of butter or margarine* in a sauce pan and add: two cups of confectionery sugar, one-half teaspoon of vanilla, and three tablespoons of milk. Stir the ingredients until they are well blended and then spread the icing over the top layer of Graham crackers. Place the cookies back in the refrigerator until the icing firms.

To serve the cookies try to cut along the edges of the Graham cracker rectangles with a sharp knife. If the icing isn't too thick you should be able to see where one rectangle ends and the next begins, at least on the top. Cut along the sides and across the ends of a rectangle before trying to lift it out (I use a fork). Don't forget that there is a parallel Graham cracker rectangle on the bottom. It is hard to do this perfectly so you'll probably mess up a couple of times. Once a row has been removed, you will be able to better see what you're doing. These are very rich, so you may want to cut each rectangle in half and make two small squares.

Alternate:

If you prefer you can make Graham cracker crusts to replace the top and bottom layer usually made of Graham crackers.

Ingredients:

- 4 Cup of Graham cracker meal
- 1/2 Cup of white whole wheat flour or regular whole wheat flour
- 2 Egg
- 10 Tbsps of melted butter and vegetable shortening (5 T of each)
- 4 bsps of sugar

Put all the dry ingredients in a mixing bowl and combine. Beat the egg in a bowl with a whisk or fork and add the oil. Blend well and add to the dry ingredients. Blend and then compress into a ball. Divide the ball in half. Knead the balls a little to get the ingredients firmly stuck together. Place a piece of parchment paper on a counter. Put a dough ball on the paper and press it out and then use a rolling pin to finish. The rolled out dough ball must be large enough to trim out a crust to fit the bottom of your pan or dish (measure the inside bottom of the pan or dish), Measure the rolled out crust and trim a bottom crust. Make the crust a little bit smaller than your measurements to be sure it will easily fit the pan or dish. Remove the trimmings from the parchment paper.

Gently pull the parchment paper with the crust on it onto a cookie sheet. Repeat the above process to make the second crusts. The top crust will Probably need to be a bit larger than the bottom crust since most pans and dishes have sides that slope out gently from the bottom to the top. Bake at 350 degrees for about ten minutes. Remove from the oven and let cool thoroughly before using. Slide the crust off the cookie sheet by pulling the parchment paper onto something flat such as a cutting board. Position the cutting board close to and over the pan or dish. Simultaneously, pull the parchment paper from under the crust and slide the crust into the bottom of the pan or dish or on to the top of the filling. as the case may be. Be gently so that you don't cause the crust to break into several pieces. If that should happen, arrange the pieces, as close as possible, to form a whole crust.

The whole wheat flour is used because it contains some fiber which will help stabilize the crust. This is also why half the oil is shortening instead of all butter and likewise why the egg is used.

* The three C's stand for Cobb Children's Center, which is where I first tried the "cookies" and obtained the recipe.

One consumer of a 3C cookie suggested that the three Cs stood for crack cocaine cookie because of their addictive taste. I have also had someone say they should be on the Schedule One Drug list.

** I have used both, but I have a preference for butter but light butter might be used as a compromise.