



Canadian Army Molasses Cookies

By ROBYN SEALY, Fort Rodd Hill National Historic Site, BC

Have you ever tried a molasses cookie? You might have and not even known it! Ginger snaps, gingerbread, and molasses cookies are all based on a similar recipe, but contain varying amounts of molasses and different spices.

Today, I would like to share with you this recipe from the official 1946 *Canadian Army Cook's Manual**. It would have been used in the cookhouses and messes of the Victoria-Esquamalt Fortress, including [Fort Rodd Hill](#) where I work. These cookies would have been enjoyed in army mess halls all over Canada, and even at Canadian bases overseas as a taste of home.



Soldiers are always hungry and generally have a sweet tooth – just like kids! Since this recipe was designed for a large batch of hungry soldiers, it will easily yield about 100 cookies. If you don't think you and your little troops are quite that hungry, you can always halve (or quarter) the recipe, or even make up the whole recipe and simply place a roll of dough in the freezer for another day!

* For more heritage inspired recipes, visit the Parks Canada Heritage Gourmet page at pc.gc.ca/en/culture/gourmand-gourmet.



Ingredients

- 2¼ cups molasses
- 2¼ cups shortening
- 1¼ cups sugar
- 2¼ cups sour milk**
- 3½ tsp baking soda
- 2½ tsp salt
- 4 tsp grated ginger
- 2 tsp cinnamon
- 9 cups flour

Instructions

1. Heat molasses and shortening together and cool.
2. Add remaining ingredients and mix together thoroughly.
3. Form into rolls about 2" (5 cm) in diameter, wrap in waxed paper and chill 2-3 hours.
4. Slice and bake on a greased baking sheet for approximately 15 minutes at 350 °F.
5. Let cool a bit... and enjoy!

** To make a cup of sour milk, mix 1 cup of milk with 1 tbsp of lemon juice or vinegar. Stir and set aside for about 5 min before using.

This activity is part of Club Parka, a Parks Canada program for preschoolers offered at national parks and historic sites across the country. Kids can take part in the program online too. Visit parkscanada.gc.ca/Parka to get to know Parka, the busy little beaver who helps kids explore the world around them.

For more Parka fun, try her other activities, download her mobile app or sing along to her song! And don't forget to watch her videos!

