

Comfort Food for Innovation

A simple pleasure for complex work

No matter your age, race, profession or economic wealth, anyone can take comfort in coming home to warm, gooey chocolate chip cookies.

I've always taken solace not only in eating this wonderful treat, but in preparing it as well. As a babysitter, I would bring the neighbourhood children together in the kitchen to help in gathering ingredients. Then, we would spend hours playing games, enjoying delicious cookies and one another's company.

Taking time to reflect and relax is important for anyone, especially for the emotionally and intellectually taxing work of social innovators. As Frances Westley, co-author of *Getting to Maybe*, says, "It is virtually impossible to engage in social innovation without facing extreme isolation and failure."

So, in those moments when the challenges of social innovation seem to outweigh the rewards, why not return to those blissful simple pleasures? Crank up the tunes, dance around the kitchen and make your inner child smile with these classic treats.

Don't forget the milk!


Anne's Chewy Chocolate Chip Cookies

- 1 cup butter or margarine
- 1/2 cup white sugar
- 1 cup packed brown sugar
- 1 tsp. salt
- 2 tsp. vanilla
- 2 eggs
- 2 1/2 cups flour
- 1/2 tsp. baking soda
- 2 cups chocolate chips (or chocolate chunks)
- Music that makes you want to dance

1. Preheat oven to 350°.
2. Crank up the music and dance around the kitchen gathering ingredients.
3. In a mixing bowl, combine the butter with both sugars; cream together with a big wooden spoon until light and fluffy.
4. Add the salt, vanilla, and eggs. Beat until well mixed.
5. Add flour and baking soda; mix until just combined.
6. Stir in the chocolate chips. For even better results, chop up your favourite chocolate bar instead of using chocolate chips – dark, milk, or white; with or without nuts or toffee.
7. Drop heaping tablespoon-size balls of dough about 2 inches apart on baking sheets lined with parchment paper.
8. Bake until cookies are golden around the edges, but still soft in the center, 8 to 10 minutes.
9. Remove from oven, and let cool on baking sheet 1 to 2 minutes. Transfer to a wire rack, and let cool completely – or don't! They're even better warm.
10. Serve with a tall glass of milk or a steaming mug of tea or hot chocolate.

**Makes about 3 dozen*

By: Anne Blayney

The graphic features a group of stylized human figures in blue and orange, some holding hands, symbolizing community. Below them is a single orange figure.

Community Building Tip: Whip up a batch of cookies and share them in company with your neighbours, family and friends. Community is vital to our health, happiness, prosperity and safety. Do you seek community? Visit us at: www.seekingcommunity.ca

This recipe is brought to you by Tamarack - An institute for Community Engagement.