

Moon Pies and RC Cola



A Moon Pie is a confection, popular in parts of the United States, which consists of two round graham cracker cookies, with marshmallow filling in the center, dipped in a flavored coating. The snack is often associated with the cuisine of the American South where they are traditionally accompanied by an RC Cola. Today Moon Pies are made by the Chattanooga Bakery in Chattanooga, TN.

In the 1950s, Royal Crown Cola and moon pies were a popular "working man's lunch" in the American South. In 1954, Royal Crown was the first company to sell soft drinks in a can, and later the first company to sell a soft drink in aluminum can.

The traditional pie is approximately four inches in diameter. A smaller version exists (mini Moon Pie) that is approximately half the size, and a Double-Decker Moon Pie of the traditional diameter features a third cookie and attendant layer of marshmallow. The four main flavors are chocolate, vanilla, strawberry, and banana. Double Decker Moon Pies also come in lemon and orange; Moon Pie Crunch comes only in peanut butter or mint. In 2014, a salted caramel flavor was introduced.

Homemade Moon Pies

Yield: About 18 double-decker moon pies

Prep Time: 1 hour 15 minutes

Cook Time: 30 minutes

Total Time: 1 hour 45 minutes

Ingredients:

For the Cookies:

8 ounces (1 cup) unsalted butter, at room temperature

$\frac{3}{4}$ cup light brown sugar

1 egg

1 teaspoon vanilla extract

$2\frac{1}{4}$ cups all-purpose flour

$\frac{1}{2}$ teaspoon salt

For the Marshmallow Filling:

2 egg whites

Pinch cream of tartar

Pinch salt

$\frac{2}{3}$ cup light corn syrup

2 teaspoons vanilla extract

1 cup powdered sugar, sifted

For the Chocolate Coating:

12 ounces semisweet chocolate

$\frac{1}{4}$ cup vegetable oil

Directions:

1. To Make the Cookies: With a mixer on medium speed, beat the butter until creamy, about 3 minutes. Add the brown sugar and beat at medium-high speed until light and fluffy, about 3 minutes. Reduce the speed to medium, add the egg and the vanilla extract, and beat to combine. Reduce the speed to low, add the flour and the salt, and mix just until a soft dough forms. Divide the dough in two, shape into disks, wrap in plastic wrap and refrigerate for at least 30 minutes.
2. Preheat the oven to 350 degrees F. Line at least two baking sheets with parchment paper or a silicone baking mat; set aside. Working with one disk at a time, roll out the dough to about 1/8-inch thickness. Using a 2½-inch diameter round cutter, cut out the rounds and place them on the prepared baking sheets, about ½ an inch apart. Refrigerate the cookies (on the baking sheets) for 10 minutes.
3. Bake the cookies for 10 to 12 minutes, or until lightly browned. Cool on the pans for a couple of minutes, and then move to a cooling rack to cool completely.
4. To Make the Marshmallow Filling: Using a mixer with the whisk attachment, beat the egg whites with the cream of tartar and the salt until firm peaks form, gradually increasing from medium-low speed to medium-high speed as the egg whites gain volume. Meanwhile, in a small saucepan, boil the corn syrup over high heat without stirring until it registers 230 to 235 degrees F on a candy thermometer (thread ball stage). Slowly drizzle the hot corn syrup into the egg whites and beat at high speed until glossy, about 2 minutes. Reduce the speed to medium-low, beat in the vanilla extract and the powdered sugar.
5. Using either a pastry bag or a spoon, mound about 1½ tablespoons of marshmallow filling into the center of a cookie. Top with another cookie and press lightly to spread the marshmallow to the edges. Add another mound on top of the second cookie, and top with another cookie, again pressing slightly to spread the filling to the edges. Repeat with the rest of the cookies.
6. To Make the Chocolate Coating: Using a double boiler or in the microwave on 50% power and in 30 second increments, melt the chocolate and vegetable oil together until completely smooth. Place the assembled cookies on a wire rack set over a sheet of wax paper. Spoon the melted chocolate over each cookie so that it runs down the sides and covers most of the cookie. Allow to set at room temperature for about 2 hours (or refrigerate to speed up the process). Store in an airtight container at room temperature.

Mardi Gras Moon Pies from Garden and Gun Magazine, February / March 2014

Makes approximately 12

Cookie Dough

Ingredients

6 oz. unsalted butter
¼ cup light brown sugar, firmly packed
¼ cup Steen's cane syrup
¼ tsp. vanilla extract
1½ cups all-purpose flour
1¼ cups graham cracker crumbs, ground fine
¾ tsp. kosher salt
½ tsp. baking powder
½ tsp. baking soda
¼ tsp. ground cinnamon
2 tbsp. whole milk

Preparation

Cream butter, brown sugar, syrup, and vanilla in the bowl of an electric mixer, using the paddle attachment, for 1 minute. In a separate bowl, combine dry ingredients and mix with a fork. Add dry ingredients to butter mixture and mix on low speed; slowly stream in milk. Continue mixing until the dough comes together. Press dough flat, wrap it in plastic, and refrigerate for at least 1 hour. Preheat oven to 325 degrees. Turn out chilled dough onto a flour-dusted surface, then roll it until it is ¼ inch thick. Stamp out cookies using a 3-inch round cookie cutter. Place cookies on a parchment-lined baking sheet and bake 10 to 12 minutes. Remove sheet from oven, and while the cookies are cooling, start your marshmallow.

Marshmallow

Ingredients

4 tsp. powdered gelatin
½ cup water, ice cold, plus ¼ cup at room temperature
4 tbsp. light corn syrup
3 tbsp. honey (clover or wildflower)
¾ cup granulated sugar
3 large grade-A egg whites

Preparation

Sprinkle gelatin over ½ cup ice-cold water, and set aside.

Combine ¼ cup room-temperature water, corn syrup, honey, and sugar in a small pot, insert candy thermometer, and simmer until mixture reaches 240 degrees. When the thermometer reaches 200 degrees—but not before—place egg whites in the bowl of an electric mixer fitted with a whisk attachment, and whip on high.

Once the sugar mixture hits 240, remove it from heat, and stir in the bloomed gelatin. Then, while egg whites are whipping, slowly drizzle the hot sugar mixture down the inside of the bowl to avoid splattering the hot syrup. Continue whipping for an additional 8 minutes, until the mixture stiffens. The pan will still feel warm to the touch but no longer hot.

Flip over half of the cooled cookies. Lightly coat a spoon with nonstick cooking spray, and spoon approximately a quarter cup of marshmallow onto each flipped cookie. Use the remaining cookies as tops; gently push down until you can see the marshmallow come just to the edge. While making the chocolate coating(see below), allow cookies to chill in refrigerator for at least 15 minutes.

Chocolate Coating

Ingredients

1 lb. bittersweet chocolate (61%–70% cacao)
2 tbsp. vegetable oil or canola oil

Preparation

Melt chocolate in a heatproof bowl set over a small saucepan of simmering water. Stir until chocolate has melted, then remove bowl from heat and let it cool slightly. Once the chocolate is no longer hot, but warm, slowly whisk in oil in a steady stream. Allow chocolate to cool at room temperature for about 5 minutes before proceeding with assembly.

Assembly

Submerge chilled cookies in the chocolate, using 2 forks to gently lift the sandwiches out of the bowl. Let stand until shell hardens.

