

Fody's Salted Chocolate Chip Cookies



14 min (rest time: 4 hrs -
overnight)



9 to 12
minutes



2 Dozen Cookies; serving size 1
cookie

Description

There was a time that salted sweets were far and few between. Nowadays the combination is everywhere: think kettle corn and chocolate covered pretzels, for instance. The salt seems to accentuate the sweet and together magic is made. These Salted Dark Low FODMAP Chocolate Chip Cookies feature two kinds of salt. We always use table salt in baking recipes, as it dissolves readily into batters and doughs. To top off the cookies after they are formed we like to add an additional hit of salt - preferably large flaked specialty salt, such as Maldon, but kosher salt can stand in.

Note that this cookie contains all brown sugar, for a pronounced butterscotch/caramel flavor, which works so well with the salt. As with any recipe that contains chocolate, use the best you can find. For chips I am partial to Ghirardelli 60% Cacao Bittersweet Chocolate Chips. If you like your cookies with a bit of chew, it is vital to remove from the oven when they are still soft in the middle. If you like your cookies crisp, simply bake for the longer period of time.

Note that gluten-free flour blends vary hugely. I developed these with Bob Red Mill's Gluten-Free 1 to 1 Baking Flour, which contains xanthan gum. At the very least use a blend that contains xanthan or the results will not be the same. The xanthan adds a chewy texture, creating a cookie that is more similar to the classic Toll House version.

Ingredients

- 2 cups plus 6 tablespoons (340 g) gluten-free all-purpose flour
 - 1 teaspoon baking soda
 - 1 teaspoon table salt
 - 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
 - 1 1/2 cups (320 g) firmly packed light brown sugar

 - 2 teaspoons vanilla extract
 - 2 large eggs, at room temperature
 - 12 ounces (340 g) dark chocolate chips, preferably at least 60% cacao
 - 3 ounces (85 g) toasted walnut or pecan halves, chopped (optional)
 - Coarse salt or flake salt, such as Maldon
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Directions

Whisk together flour blend, baking soda and salt to aerate and combine; set aside.

Beat butter with electric mixer on medium-high speed in a large bowl until creamy. Add brown sugar and sugar and beat until lightened, about 3 minutes, scraping down bowl as needed. Beat in vanilla, then beat in eggs one at a time allowing each one to be incorporated before adding the next. Beat in the dry mixture until a few streaks of flour remain. Add chocolate (and nuts, if using) and beat just until combined. Cover the bowl and chill for at least 4 hours but preferably overnight.

Position racks in upper and lower thirds of oven. Preheat oven to 375°F/190°C. Line two baking sheet pans with parchment paper. Form golf ball sized balls and place the cookies 8 per pan, spaced evenly apart. No need to press them down.

Bake for about 9 to 12 minutes or until lightly browned with the edges firmer than the centers, which should be soft. The cookies firm up tremendously upon cooling. Cool cookies still on pans placed on racks. Subsequent batches of dough should be placed on cooled pans. We love these best a little warm, but your Low FODMAP chocolate chip cookies may be stored at room temperature (after cooling) in an airtight container for up to 3 days.

About the Chef



Dédé Wilson

Dédé Wilson is the author of 17 cookbooks, including co-author of **The Low FODMAP Diet: Step By Step**.

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This original Low FODMAP recipe was created by recipe developer and author **Dédé Wilson**. You can find many more original Low FODMAP recipes, food and diet guidance as well as resources, support and more at **FODMAP Everyday®**.

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