



HINT OF MYINT

by Arnold Myint

Arnold is the Owner of three popular restaurants in Nashville, TN. He is an accomplished Chef, Mixologist & Event Planner. A few of Arnold's credits include Nashville's Best Chef (Nashville Scene), Bombay Sapphire's Inspired Bartender Finalist and Bravo's TV Series; Top Chef DC. Currently committed to Nashville's cosmopolitan growth, Arnold hopes to spearhead a foundation in the near future. For more information on Arnold Myint check him out on Twitter and Facebook or visit Arnoldmyint.com



Cookies are the original antidepressant. Everyone has fond memories of Grandma's recipe cards, flour-dusted and covered with buttery fingerprints, and of glaring into the oven, waiting for that timer to ding.

Cookies are a staple during holidays and special occasions; your after-school snack; something to do on a rainy day; the thing that makes lunch complete. They represent tradition. These chewy, moist, crisp, and even gooey creations can spark a sense of nostalgia and conjure up a general sense of warmth, calm and comfort.

Be it an old standby - Oatmeal, Peanut Butter, Sugar, Gingerbread or Chocolate Chip - or a fun, new trend, like a macaroon, there is something truly special about the power of a cookie.

Here are two easy recipes that do not need to be reserved for a special occasion. Enjoy!

Lemon Rosemary Cookie:

1 Cup Butter, Room Temperature
 1 ½ Cups Sugar
 1 Egg
 1 Teaspoon Vanilla Extract
 1 Teaspoon Baking Soda
 ½ Teaspoon Baking Powder
 2 ¾ Cups Flour
 Lemon Zest
 Chopped Rosemary

Cha Chah Choco Chocolate Cookie:

1 Cup Butter
 1 ½ Cup Sugar
 2 Eggs
 2 Teaspoons Vanilla
 2 Cups Flour
 2/3 Cups Cocoa Powder
 ¾ Teaspoon Baking Soda
 ¼ Teaspoon Salt
 2 Cups of Chocolate Chips

Directions for Both Recipes

In a mixing bowl, use a standard creaming technique and whip together butter and sugar. Once "creamed," continue by adding the egg and vanilla extract. Combine all dry ingredients in a dry bowl and gradually add into the butter/egg mixture. After the wet and dry ingredients are combined, add lemon zest and rosemary to your liking. Once fully incorporated, wrap the dough in plastic and chill for 30 minutes.

To bake: On a sheet pan, make teaspoon-sized balls and spread them out evenly with room to expand during the baking process. Bake at 350 degrees for about 11-15 minutes. Allow to cool before serving. **OMG!**

