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A RICH CULINARY HISTORY, BEST SERVED ONE TRAIL AT A TIME

WINSTON-SALEM, NC – Settled by Moravians more than 250 years ago, it's only fitting that Visit Winston-Salem serves up a culinary trail series celebrating the destination's deep Moravian food roots. The culinary series is a trio of virtual trails (meaning you can start, stay or stop wherever you please), each serving up a healthy portion of intriguing history; delectable, tried-and-true recipes; and favorite places to sample and savor distinct and delicious Moravian dishes and delights. The first of the series introduced the whisper-thin Moravian cookies. Soon after, the city embarked on a savory stroll that's all-things Moravian Chicken Pie (no, not "pot pie"), then finally debuted the Moravian Sugar cake – a wildly popular treat for the winter holidays.

With more than a million pounds baked here each year, Winston-Salem easily and proudly retains the title as the epicenter of the Moravian Cookie. This simple, but ever so sophisticated cookie, is fast becoming a worldwide wonder for its incredibly rich – some even say intense – flavors and yet is so incredibly thin. Some bakers have even called it the "world's thinnest cookie!" At traditional sites such as Winkler Bakery in Old Salem Museums & Gardens, Dewey's Bakery, and Mrs. Hanes' Moravian Cookies, visitors can always savor these wonderful, wafer-thin cookies, each baked with rich ingredients and centuries-old traditions.

More than 200 years old, [Winkler Bakery](#) features the original wood-fired dome oven that has baked breads, cakes and confections since it was built in 1800. Bakers in period costumes welcome visitors, offer samples, and explain their baking techniques. Winkler Bakery is open and sells fresh baked goods seven days a week. Because of the sheer volume required, today's cookies are made in a larger bakery off site, but all of their delicious products are for sale at the original location. The Winkler Moravian cookie recipe is adapted and updated from historic versions originally baked in the wood-fired oven.

A Winston-Salem original since 1930, [Dewey's Bakery](#) is a household name, especially during the holiday seasons. Throughout the year, Dewey's bakery locations in Winston-Salem (Thruway Center and Reynolda Manor) are filled with a dazzling assortment of confections and cookies. Then in November and December, additional Dewey's locations pop up across North Carolina for the holidays, offering an array of Moravian cookies, sugar cakes and, oh yes, cheese straws.

[Mrs. Hanes' Moravian Cookies](#) is nestled in the rolling hills of Clemmons, a suburb of Winston-

Salem. Tours of this family-owned business provide visitors an inside peek of the cookie company in action. Here, “Artists in Aprons” hand roll, hand cut and hand package more than 110,000 pounds of dough each year. They bake six flavors: sugar, lemon, black walnut, chocolate, butterscotch and traditional Moravian ginger. Oprah Winfrey named this delicacy one of her “favorites” in 2010. On any visit you’re likely to meet Mrs. Evva Hanes, a seventh-generation Moravian cookie maker, and her husband Travis, who started the company. Today, their daughter, Mona, and son, Mike, work alongside them.

A host of restaurants in Winston-Salem are also on the Moravian Culinary Trail. The family-owned [Milner’s American Southern](#) restaurant offers a signature Moravian Cookie and Pecan-Crusted Salmon served with sweet potato. In Old Salem, [The Tavern](#) serves up fresh Moravian cuisine (known for their chicken pie) and often sources produce from the surrounding heirloom gardens of Old Salem. The Moravian Trail has also inspired local businesses like [Twin City Hive](#). This coffee shop created a Moravian Ginger Cookie candle that emits an intoxicating aroma that saturates a room long after it’s done burning. Guests to the area also won’t want to miss [Foothill’s Brewing’s](#) People’s Moravian Porter which was crafted after a traditional Moravian cookie recipe. The result is a dark, rich, robust porter with spices and citrus in the nose, and a full complement of cookie-ness in the taste.

Famous Moravian Cookie Recipe

Ingredients:

- 3/4 cup butter and lard or shortening, mixed 4 tablespoons ground cinnamon
- 3/4 cup brown sugar
- 4 tablespoons ground ginger 1 pint black molasses
- 1 teaspoon salt
- 7 1/2 cups sifted flour 1 tablespoon soda
- 4 tablespoons ground cloves 1/4 cup boiling water

To make cookies:

- Cream butter and lard with sugar; Add molasses; Sift flour with spices and salt; Add soda to boiling water; Add flour mixture and soda water to creamed mixture
- Work well with the hands
- Cover and store in a cold place overnight
- Roll to infinite thinness on board
- Bake on greased cookie sheets in moderate oven at 375 degrees, for a few minutes or just until they begin to brown

From North Carolina and Old Salem Cookery (Original publishing, 1955).

