

Maryland Caramel & Chocolate Chip Cookies: Taming the Sweetness

From the teas.co.uk wiki

Maryland Caramel & Chocolate Chip Cookies: Taming the Sweetness, in summary:

Caramel pieces join the chocolate chips here, so the sweetness builds rather than balances. Chill it, try a pinch of flaky salt on a warmed one, and pair it with an unsweetened black tea or a short coffee.

Last reviewed by the teas.co.uk team in September 2026.

Caramel does not contrast with [chocolate](#) the way a darker cocoa dough would; it stacks a second sweet note on top of the first. Everything worth knowing about serving this cookie follows from that one fact.

Two sweet things pulling the same way

The published ingredient list shows chocolate chips at 15 percent and caramel pieces at 3 percent, set in a wheat dough. The caramel is a small share by weight, but it carries right through the finish, giving a rounder and more buttery aftertaste than the plain chocolate chip cookie. Where cocoa worked into a dough would deepen the flavour, caramel simply takes it further in the sweet direction.

The texture differs too. This full-size cookie has a crisp rim around a centre that yields a little, and the caramel sits in that softer middle. Chocolate chips firm up again as they cool, but caramel stays chewy, which is pleasant in the hand and a nuisance in a tin once the cookies have been anywhere warm, because they start to stick to one another.

Barley, apple and butter on the label

Barley is worth noting here. Malted barley flour closes the ingredient list, with rice flour a few places before it, and the allergen statement names wheat and barley as the sources of gluten. Milk appears several times, in the whey and in the caramel pieces, and soya comes from the emulsifiers in the chips. As always, the pack in your hand is the final word, since recipes change.

The caramel pieces are a small recipe of their own. They behave like a soft chew rather than a brittle toffee, and their list reads accordingly: glucose syrups, apple puree, sugar, butter, skimmed milk powder and pectin, plus glycerol and wheat fibre. That fits the way the caramel bends rather than shatters, and the faint stickiness of a cookie that has been kept somewhere warm.

Chill it, salt it, pour it black

Cold is the simplest fix. Sweetness is less pronounced when food is chilled, so half an hour in the fridge before the kettle goes on brings the caramel back into line and leaves the crunch alone. The opposite trick works as well: warm a cookie for ten seconds and add a pinch of flaky salt, which gives the caramel the savoury edge the recipe cannot supply.

Choose the drink to cut rather than to add. An unsweetened [black tea](#), brewed full and taken black or with only a dash of milk, gives the cookie something to push against, whereas plenty of milk rounds off exactly the edge you need. If you [dunk](#), keep it to two seconds and lift the cookie out flat, because the soft centre gives way suddenly rather than gradually.

The packs we stock

- [Maryland Cookies Caramel & Chocolate Chip, 200g](#) (barcode 072417200878)

What the label says

The published ingredient list for Maryland Cookies Caramel & Chocolate Chip, 200g says it contains wheat and barley (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Sustainable Palm Oil, Chocolate Chips (15%) (Sugar, Cocoa Mass, Vegetable Fats (Sustainable Palm, Sal, Shea), Emulsifiers (Soya Lecithin, E442, E476), Cocoa Butter, Flavourings), Caramel Pieces (3%) (Fructose Glucose Syrup, Glucose Syrup, Apple Puree, Sugar, Humectant (Glycerol), Wheat Fibre, Palm Fat, Whey (Milk), Butter (Milk), Gelling Agent (Pectin), Skimmed Milk Powder, Flavourings, Acidity Regulator (Lactic Acid), Emulsifier (Sunflower Lecithin)), Partially Inverted Sugar Syrup, Rice Flour, Whey or Whey Derivatives (Milk), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Flavourings, Malted Barley Flour.

Typical values per 100g Per 100g

Energy	476 kcal
Fat	21g
of which saturates	10g
Carbohydrate	62g
of which sugars	31g
Fibre	3.0g
Protein	5.6g
Salt	0.64g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to drink with it

- [Teapigs Earl Grey Strong, 15 Tea Bags 37.5g](#): A bold, citrus-edged black tea with enough grip to cut through caramel, best taken without milk.
- [Brew Tea Co Earl Grey Proper, 15 Tea Bags 45g](#): A full [Earl Grey](#) whose bright citrus note stops the caramel building up bite after bite.
- [L'Or Espresso Ristretto Intensity 11 Coffee, 40 Pods 208g](#): A short, intense coffee whose bitterness is the counterweight the caramel lacks.
- [Teapigs Darjeeling Earl Grey, 15 Tea Bags 37.5g](#): A lighter, brisker Earl Grey for the afternoon that adds lift rather than weight.

Elsewhere in the Maryland range

- [Maryland Chocolate Chip Cookie Twin Pack, 2 Pack 400g](#)
- [Maryland Chocolate Chip Cookies, 200g](#)
- [Maryland Cookies Double Chocolate, 200g](#)
- [Maryland Cookies Minis Double Chocolate 10 Multipacks, 198g](#)
- [Maryland Cookies Minis White Chocolate Chip, 6 Multipacks](#)
- [Maryland Cookies S'wich Choc Creme Biscuits, 150g](#)

The full range is on the [Maryland brand page](#).

FAQ

Does this Maryland cookie contain barley? Yes. The published ingredient list includes malted barley flour, and the allergen statement names wheat and barley as gluten sources, along with milk and soya.

How is it different from the Double Chocolate? Cocoa in the Double Chocolate dough deepens the flavour, while caramel here makes the cookie sweeter and rounder. If this one feels like too much, the Double Chocolate is the more restrained choice.

Does the caramel make it harder to dunk? A little. Two seconds, held flat, is the limit, because the softer caramel centre collapses without much warning.

Why put salt on a caramel cookie? Salt sharpens caramel and makes the sweetness taste deliberate rather than heavy. A pinch of flaky salt on a lightly warmed cookie is the simplest change worth making.

Should these cookies go in the fridge? A short spell helps: half an hour before serving takes the edge off the sweetness. Day to day a cool cupboard is enough, since warmth makes the caramel sticky.

Curator's note: Put the sugar bowl away and brew this one strong. Better still, warm a cookie for a few seconds, add a pinch of flaky salt and notice how much more grown-up it tastes. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Maryland Caramel & Chocolate Chip Cookies: Taming the Sweetness

Field	Detail
Brand	Maryland
Packs we stock	200g
Category	Cookies
Allergens (as published)	It contains wheat and barley (gluten), milk and soya.
Dunkable	Briefly, two seconds, held flat
Best with	Unsweetened black tea or a short black coffee
Try it	Chilled, or warmed with a pinch of salt

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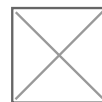
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