

Basic Muffins

Ingredients:

- 500 mL all-purpose flour
- 125 mL sugar
- 15 mL baking powder
- 2 mL salt
- 250 mL milk
- 60 mL butter or margarine – melted
- 1 large egg
- * additional ingredients

Method:

1. Preheat oven to 400F or 200C.
2. In a large bowl, combine the flour, sugar, baking powder and salt.
3. In a medium bowl, stir together the milk, melted butter, and egg.
4. Make a well in the dry ingredients and pour in the wet ingredients. Mix gently.
5. Add additional ingredients. **Don't overmix.**
6. Fill lined muffin cups and bake for 20-25 minutes.

Additional Ingredients:

*Fruit explosion - add 375 mL chopped berries

*Banana Chocolate Chip - replace 125 mL milk with 250 mL mashed ripe banana and 125 mL choc chips

*Cheddar/bacon/onion – add 250 mL grated cheese to dry ingredients, add crumbled cooked bacon and a chopped green onion.

*Blueberry Lemon –add 375 mL blueberries and the zest of 1 lemon

*Double Chocolate Chip – replace 125 mL of flour with 125 mL cocoa and 200 mL chocolate chips

The Muffin Method

Muffins can be savory or sweet by simply varying the ingredients of a basic muffin recipe. The muffin recipe is quick and easy; the most important part of the procedure is properly mixing the dry and liquid ingredients.

Muffin Method of mixing:

1. Sift together all dry ingredients.
2. Beat together all liquid ingredients.
3. Pour the liquid ingredients into a well in the dry ingredients. Mix just enough to moisten the dry ingredients. A few floury spots can remain and the batter will look lumpy.

How should they look?

Muffins should have a nicely rounded top.

Muffins should be lightly golden.

There should be no large holes in the center.

Additional ingredients should be evenly distributed throughout.

When are they done?

Test for doneness about 5 minutes before the end of the baking time.

A wooden toothpick inserted into the center should come out clean.