

American Muffins



You will be making a batch of 6 muffins to demonstrate your understanding of sweet and savoury ingredients. Use the table at the bottom of the page to help select what flavour muffins you want to make. If you have another flavour you would prefer, please feel free to make these.

Ingredients:

- 150g Self-Raising Flour
- 125ml Milk
- 6 Muffin Cases
- 2 Tablespoons Sunflower Oil
- 1 Medium Egg
- ½ Teaspoon Baking Powder








Please bring a container to carry your muffins home in.

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. Place muffin cases in the baking tray.
4. Sieve the flour into a large plastic bowl.
5. Add baking powder to the large bowl.
6. Prepare any chosen flavourings.
7. Crack the egg into a small bowl and beat with a fork.
8. Add to the small bowl containing the beaten egg the oil and milk. Mix thoroughly.
9. Add this mixture to the large bowl containing the flour. Beat thoroughly with a white plastic spoon.
10. Add your chosen flavourings. Mix thoroughly.
11. Spoon the mixture evenly into the paper muffin cases using a dessert and teaspoon. If you spill any mixture on the cake tin, make sure you wipe this away with a blue paper towel.
12. Bake for 12 to 15 minutes.
13. Once cooked, remove from the oven and cool on a cooling rack.



Modifications to the Basic Recipe:	
Sweet Options	Savoury Options
Double Chocolate: <ul style="list-style-type: none"> Remove 1 level Tablespoon of Flour and replace with 1 Tablespoon of Cocoa Powder Add 75g Chocolate / Chocolate Chips Add 50g Caster Sugar 	Cheese: <ul style="list-style-type: none"> Add 50g Cheese of Choice (For Example: Cheddar, Red Leicester) 
Honey and Apricot: <ul style="list-style-type: none"> Add 75g Dried Chopped Apricots Add 50g Caster Sugar Add 4 Tablespoons Honey 	Bacon / Ham: <ul style="list-style-type: none"> Add 50g of Chopped Cooked Ham / Bacon
Cherry and Coconut: <ul style="list-style-type: none"> Add 75g Chopped Glacé Cherries Add 50g Caster Sugar Add 30g Desiccated Coconut (keep some for sprinkling on the top) 	Carrot: <ul style="list-style-type: none"> Add 50g Grated Carrots 
Cinnamon and Blueberry: <ul style="list-style-type: none"> Add ½ Teaspoon Cinnamon Add 75g Blueberries Add 50g Caster Sugar 	Courgette: <ul style="list-style-type: none"> Add 50g Grated Courgette
Additions of Mustard Powder, Chilli, Spices or Herbs are an option of your choice.	

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