Cooking time 20-25 minutes

Serves 12 large muffins **American Muffins**

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| **Ingredients** | **Equipment**  |
| 100g soft margarine125g caster sugar2 medium eggs100ml natural yoghurt (1 carton)4 tablespoons of milk225g plain flour & ½ tsp bread soda **OR**225g self raising flour | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve Large bowlWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Prehea**t oven to 190oC.
3. Place muffin cases into muffin tins.
4. **Chop** margarine into cubes on chopping board, working fast so it does not melt.
5. Add margarine and sugar into large bowl and **cream** with electric whisk.
6. **Crack** eggs into jug using the back of a knife. (Check that there is no shell)
7. **Whisk** eggs with a fork until fluffy with air bubbles. Add milk and yoghurt and **stir**.
8. Add the egg mixture to the creamed mixture.
9. **Sieve** up high the flour.
10. **Fold** gently using large metal spoon.
11. Bake for 20-25 minutes until golden.
12. Remove from oven with oven gloves and place on wire tray to cool.
13. Serve on a plate with a d’oyley.
14. Wash up.
15. Do duty.
16. Homework fill in evaluation in copies.
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| **Ingredients** | **Equipment**  |
| 100g soft margarine125g caster sugar2 medium eggs100ml natural yoghurt (1 carton)4 tablespoons of milk225g plain flour & ½ tsp bread soda **OR**225g self raising flour50g chopped chocolate/chocolate chips2 table spoons cocoa powder | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve Large bowlWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 190oC.
3. Place muffin cases into muffin tins.
4. **Chop** margarine into cubes on chopping board, working fast so it does not melt.
5. Add margarine and sugar into large bowl and **cream** with electric whisk.
6. **Crack** eggs into jug using the back of a knife. (Check that there is no shell)
7. **Whisk** eggs with a fork until fluffy with air bubbles. Add milk and yoghurt and **stir**.
8. Add the egg mixture to the creamed mixture.
9. **Sieve** up high the flour and cocoa powder.
10. **Fold** gently using large metal spoon add the chocolate chips.
11. Bake for 20-25 minutes until golden.
12. Remove from oven with oven gloves and place on wire tray to cool.
13. Serve on a plate with a d’oyley.
14. Wash up.
15. Do duty.
16. Homework fill in evaluation in copies.
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Cooking time 20-25 minutes

Serves 12 large muffins **Double Chocolate Muffins**

Cooking time 20-25 minutes

Serves 12 large muffins **Blueberry Muffins**

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| **Ingredients** | **Equipment**  |
| 100g soft margarine125g caster sugar2 medium eggs100ml natural yoghurt (1 carton)4 tablespoons of milk225g plain flour & ½ tsp bread soda **OR**225g self raising flour50g blueberries | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve Large bowlWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 190oC.
3. Place muffin cases into muffin tins.
4. **Chop** margarine into cubes on chopping board, working fast so it does not melt.
5. Add margarine and sugar into large bowl and **cream** with electric whisk.
6. **Crack** eggs into jug using the back of a knife. (Check that there is no shell)
7. **Whisk** eggs with a fork until fluffy with air bubbles. Add milk and yoghurt and **sti**r.
8. Add the egg mixture to the creamed mixture.
9. **Sieve** up high the flour.
10. Wash blueberries.
11. **Fold** gently using large metal spoon. Add blueberries last and stir gently
12. Bake for 20-25 minutes until golden.
13. Remove from oven with oven gloves and place on wire tray to cool.
14. Serve on a plate with a d’oyley.
15. Wash up.
16. Do duty.
17. Homework fill in evaluation in copies.
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Cooking time 20-25 minutes

Serves 12 large muffins **Raspberry and white chocolate Muffins**

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| **Ingredients** | **Equipment**  |
| 100g soft margarine125g caster sugar2 medium eggs100ml natural yoghurt (1 carton)4 tablespoons of milk225g plain flour & ½ tsp bread soda **OR**225g self raising flour25g white chopped chocolate/chocolate chips30g raspberries | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve Large bowlWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 190oC.
3. Place muffin cases into muffin tins.
4. **Chop** margarine into cubes on chopping board, working fast so it does not melt.
5. Add margarine and sugar into large bowl and **cream** with electric whisk.
6. **Crack** eggs into jug using the back of a knife. (Check that there is no shell)
7. **Whisk** eggs with a fork until fluffy with air bubbles. Add milk and yoghurt and **stir**.
8. Add the egg mixture to the creamed mixture.
9. **Sieve** up high the flour.
10. Wash raspberries.
11. **Fold** gently using large metal spoon add white chocolate chips and raspberries.
12. Bake for 20-25 minutes until golden.
13. Remove from oven with oven gloves and place on wire tray to cool.
14. Serve on a plate with a d’oyley.
15. Wash up.
16. Do duty.
17. Homework fill in evaluation in copies.
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Cooking time 20 minutes

Serves 12 large muffins **Banana Muffins**

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| **Ingredients** | **Equipment**  |
| 300g self-raising flour1 tsp bicarbonate of soda100g light muscovado sugar50g porridge oats, plus 1 tbsp for topping3 medium bananas, the riper the better284ml carton buttermilk5 tbsp light olive oil2 egg whites | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve 1 Large bowl 2 small (or jugs if no small bowl)Wooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. Heat oven to 180C/fan and line a 12-hole muffin tin with paper muffin cases.
3. **Sieve** the flour and bicarbonate of soda up high into a large bowl. (Hold back 1 tbsp of the sugar),
4. (Hold back 1 tbsp of the oats), Add the oats to the flour and mix.
5. Make a well in the centre.
6. In a separate bowl, mash the bananas until nearly smooth.
7. In a jug **crack** the egg using the back of a knife (one at a time) pass the yolk from shell to shell until the white is all in the jug.
8. Stir the buttermilk, oil and egg whites into the mashed banana until evenly combined.
9. Pour the liquid mixture into the well and stir quickly and sparingly with a wooden spoon.
10. The mix will look lumpy and may have the odd fleck of flour still visible, but don’t be tempted to over-mix.
11. **Divide** the mix between the muffin cases – they will be quite full – then sprinkle the tops with the final tbsp of the oats and the rest of the sugar.
12. Bake for 18-20 mins until risen and dark golden.
13. Cool for 5 mins in the tray before lifting out onto a rack to cool completely.
14. Remove from oven with oven gloves and place on wire tray to cool.
15. Serve on a plate with a d’oyley.
16. Wash up.
17. Do duty.
18. Homework fill in evaluation in copies.
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Cooking time 30 minutes

Serves 12 large muffins **Lemon Drizzle Muffins**

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| **Ingredients** | **Equipment**  |
| 275g/10oz Odlums Cream plain Flour 225ml/8fl oz Milk 100ml/4floz Vegetable Oil 2 Eggs 125g/4oz Caster Sugar Pinch of Salt 4 Teaspoons Baking Powder Rind of 2 Lemons**For the topping**Juice of 1 Lemon 225g/8oz Icing Sugar (approx) | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve Large bowlWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping boardGrater, juicer saucepan, plate, wooden spoon |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 200oC.
3. Place muffin cases into muffin tins.
4. Wash lemons and **grate**.
5. **Sieve** the flour, caster sugar, salt and baking powder into a bowl. Add the lemon rind and mix well electric mixer.
6. In a jug **beat** together the milk, oil and eggs. Add to the dry ingredients and roughly **mix** together with wooden spoon, **do not beat!**
7. **Spoon** the mixture into the muffin cases.
8. Bake for about 30 minutes until well risen and golden brown. Cool on a wire tray.
9. Make the lemon drizzle topping by **juicing** the lemons into a jug and **sieving** in enough icing sugar to make a thick pouring icing.
10. **Spoon** over the cooled muffins and store in an airtight container.
11. Remove from oven with oven gloves and place on wire tray to cool.
12. Serve on a plate with a d’oyley.
13. Wash up.
14. Do duty.
15. Homework fill in evaluation in copies.
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Cooking time 20-25 minutes

Serves 12 large muffins **Toffee & Apple Muffins**

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| **Ingredients** | **Equipment**  |
| 100g soft margarine125g caster sugar2 medium eggs100ml natural yoghurt (1 carton)4 tablespoons of milk225g plain flour & ½ tsp bread soda **OR**225g self raising flour1 small cooking apple½ teaspoon cinnamon30g toffee from shop | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve Large bowlSmall Bowl, peeler, corer, sharp knifeWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 190oC.
3. Place muffin cases into muffin tins.
4. Fill small bowl half with tap water, wash apple, **core,** and **chop** into ¼, place in water, one ¼ piece at a time peel and **slice** into very thin slices and return back to water.
5. **Chop** toffee into small squares on chopping board.
6. **Chop** margarine into cubes on chopping board, working fast so it does not melt.
7. Add margarine and sugar into large bowl and **cream** with electric whisk.
8. **Crack** eggs into jug using the back of a knife. (Check that there is no shell)
9. **Whisk** eggs with a fork until fluffy with air bubbles. Add milk and yoghurt and stir.
10. Add the egg mixture to the creamed mixture.
11. **Sieve** up high the flour and cinnamon.
12. **Fold** gently using large metal spoon.
13. Bake for 20-25 minutes until golden.
14. Remove from oven with oven gloves and place on wire tray to cool.
15. Serve on a plate with a d’oyley.
16. Wash up.
17. Do duty.
18. Homework fill in evaluation in copies.
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Cooking time 30-35 minutes

Serves 12 large muffins **Breakfast Muffins**

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| **Ingredients** | **Equipment**  |
| 2 large eggs150ml pot natural low-fat yogurt50ml rapeseed/sunflower/veg oil100g apple sauce or puréed apples1 ripe banana, mashed4 tbsp honey1 tsp vanilla extract200g wholemeal flour50g rolled oats, plus extra for sprinkling1½ tsp baking powder1½ tsp bicarbonate of soda1½ tsp cinnamon100g blueberries2 tbsp mixed seeds, (pumpkin, sunflower and flaxseed) | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve 2 Large bowlWooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)2Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping board |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 180oC.
3. Place muffin cases into muffin tins.
4. In a jug, **crack** the eggs one at a time and **whisk** with fork,
5. In another bowl mash the banana then add yoghurt, oil, apple sauce, honey and vanilla use spatula to scrape everything so there is no waste.
6. In a large bowl **sieve** the flower, baking powder, bicarbonate, salt and cinnamon, make a well in the centre
7. Pour the wet ingredients into the dry, **mix** briefly until you have a smooth batter, **don’t over mix as this will make the muffins heavy**.
8. Wash blueberries and add last gently.
9. **Spoon** the batter between the cases. Sprinkle the muffins with the extra oats and the seeds.
10. Bake for 30-35 mins until golden and well risen, and a skewer inserted to the centre of a muffin comes out clean.
11. Remove from oven with oven gloves and place on wire tray to cool.
12. Serve on a plate with a d’oyley.
13. Wash up.
14. Do duty.
15. Homework fill in evaluation in copies.
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Cooking time 20-25 minutes

Serves 6 large muffins **Carrot Cake Muffins**

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| **Ingredients** | **Equipment**  |
| 175g light muscovado sugar (brown)100g wholemeal self-raising flour100g self-raising flour1 tsp bicarbonate of soda2 tsp mixed spicezest 1 orange2 eggs150ml sunflower oil200g carrots, gratedorange coloured sprinkles, to decorate**For the icing**100g butter, softened room temperature300g soft cheese (Philadelphia)100g icing sugar, sifted1 tsp vanilla extract | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve 2 Large bowl 1 small bowl.Wooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping boardGrater, peeler |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 180oC.
3. line a 12-hole muffin tin with cases.
4. In a large mixing bowl, mix the sugar, **Sieve** both flours, bicarbonate of soda, mixed spice.
5. **Grate** the orange zest over the large bowl curling fingers back.
6. Wash carrot, **peel,** and **grate** into small bowl.
7. In a jug crack the eggs one at a time and **whisk** then add and whisk oil, then stir into the dry ingredients with the grated carrot.
8. **Divide** the mixture between cases and bake for 20-22 mins until a skewer poked in comes out clean.
9. Remove from oven with oven gloves and place on wire tray to cool.
10. ***Chop butter on chopping board add to bowl, beat the butter until really soft, then beat in the soft cheese, sieve icing sugar and vanilla. Use a palette or cutlery knife to swirl the icing on top of the cakes, then sprinkle with decorations.***
11. Serve on a plate with a d’oyley.
12. Wash up.
13. Do duty.
14. Homework fill in evaluation in copies.
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Cooking time 20-30 minutes

Serves 6 large muffins **Breakfast Muffins**

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| **Ingredients** | **Equipment**  |
| 125gOdlums Coarse Wholemeal Flour125g Odlums Cream Plain Flour1Teaspoon Odlums Baking Powder50g/2oz Shamrock Light Muscovado SugarRind of 1 Orange125g Margarine1 Egg 150ml/¼ pt Milk2 Tablespoons Marmalade1 Tablespoon Honey1 Tablespoon Mixed Seeds (optional) | Tea towel, dish cloth, apronBasin in sink*Muffin tin (large)**Muffin cases (Leave at hob to make space)**Wire tray*Sieve 2 Large bowl 1 small bowl.Wooden spoon2 plates (Left Clean/Right Dirty)KnifeTeaspoonTable spoon (Used for folding)Jug (Crack eggs in separately one at a time)ForkSpatula (only used to scrape out mixture)Electric whisk (check attachments are secure)Chopping boardGrater, peeler |
| **Method** |
| 1. Prepare self, hair tied back, nail varnish removed, apron on, chairs under desk, desks wiped.
2. **Preheat** oven to 175oC.
3. line a 12-hole muffin tin with cases.
4. In a large mixing bowl, mix the sugar, **Sieve** both flours and baking powder and **stir** in sugar with wooden spoon
5. **Melt** margarine in PYREX bowl microwave and allow to cool
6. **Crack** the egg into jug and **whisk** with fork, Mix the egg, milk, marmalade and honey into the cooled margarine.
7. Now add the wet ingredients to the dry ones and mix to make a very soft mixture.
8. **Spoon** into muffin cases, making each case about two thirds full.
9. Bake for 20 – 30 minutes until golden brown and cooked through.
10. Remove from oven with oven gloves and place on wire tray to cool.
11. Serve on a plate with a d’oyley.
12. Wash up.
13. Do duty.
14. Homework fill in evaluation in copies.
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