

Lesson 20

Approximate Time: 70 minutes

How to Make Quick Breads—Muffins

Introduction: Muffins, coffeecakes, and nut breads are quick breads that are made from a drop batter and can be served with any meal. You can mix muffins from a recipe by following the muffin method for making muffins.

Learning Goals: After studying this lesson, you will be able to:

- Define drop batter.
- Explain the muffin method of mixing.
- Prepare acceptable muffins, following the muffin method.
- Explain the function of ingredients in baked products. See Lesson 18 for function descriptions.

Learning Activities: Study the definition of drop batter and the guidelines for the muffin method of mixing. Then follow steps 1 through 4 to complete this lesson.

- A *drop batter* has more flour in proportion to liquid. Drop batters are stiff enough to drop from a spoon into the baking pan. The *muffin method* is used to prepare many quick bread recipes. (See also Lesson 19.) The dry ingredients are combined first. (*Baking powder is most often used to leaven quick breads. However, baking soda or a combination of baking powder and baking soda can be used as leavening in quick bread products.*) Next, beat together the eggs, milk, and melted fat or vegetable oil. Add the liquid ingredients to the dry ingredients. Stir to just moisten the dry ingredients. Small lumps should remain in the batter because overmixing will cause tunnels in the finished product. A good muffin should have straight sides; a slightly rounded top; a moist, even crumb; and no tunnels.
 - The nutritional value of muffin recipes is enhanced when nuts, dried fruit (dates or apricots), bananas, apples, or zucchini are added to the batter.
1. **Recipe choice** Choose a muffin recipe from those that are part of this lesson. If necessary, write the recipe on a recipe card.
 2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
 3. **Performance test** In the foods lab, demonstrate for your teacher how to combine drop batter ingredients using the muffin method of mixing.
 4. **Evaluation** Complete *Thinking About How to Make Quick Breads: Muffins* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

Name _____ Job _____ Kitchen _____

STREUSEL MUFFINS

Ingredients:

1 Cup Milk
¼ Cup Oil
½ tsp. Vanilla
1 Egg

1 Cup Flour
1 Cup Whole Wheat Flour
1/2 Cup Sugar
1 Tbsp. Baking Powder
½ tsp. salt

1 Cup Fruit choice ***

Makes about 12 muffins

****Streusel Topping:**

¼ Cup flour
2 Tb. Brown sugar
¼ tsp. Cinnamon
2 Tb. Firm Butter

-Blueberries
-Apples + ½ tsp. cinn.
-Cranberry-Orange
1TB grated Orange Peel

Directions:

1. Place muffin Liners in muffin tin
2. Preheat the oven to 400 F
3. Place Milk, Oil, Vanilla, and Egg in a small bowl and whisk.
4. In a Med bowl Place Flour, Sugar, Baking powder, Salt and stir gently.
Add extra ingredient _____.
5. Add your Fruit -- Make a well in your dry ingredients.
6. Pour your liquid mixture into the well, Mix just until Moistened.
7. Do NOT Overmix. Batter will be lumpy
8. Divide batter evenly among the muffin cups.
9. ****Streusel Topping:** Place Flour, Brown Sugar, cinnamon in a med. Bowl Stir .
Add the butter and using a pastry blender cut in until crumbly.
10. Sprinkle each muffin with streusel topping
11. Bake in a 400 oven for 20 – 25 minutes or until Golden Brown.

***Apples and Cranberries must be chopped.
Blueberries must be rinsed.

Thinking About How to Make Quick Breads: Muffins

Directions: Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Muffins are made from a drop batter. In your own words, define drop batter.

2. Leavening agents cause the batter to rise when it is baked. What leavening agent is used in your drop batter recipe?

3. In your own words, explain the muffin method used to prepare quick bread recipes.

4. Why should you avoid overmixing the muffin batter?

5. If the muffin pan is filled too full, what might occur?

6. Use cookbooks or other resources to locate four or five recipes that are examples of drop batters. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

7. Summarize the function of each of the ingredients used in the recipes in this lesson.

