

Banana and Chocolate Muffins

Ingredients:

- 115g self-raising flour
- 50g caster sugar
- 70g butter or margarine
- 2 ripe bananas
- 1 bag chocolate buttons
- 5 muffin cases










Skills:

- Weighing and measuring
- Melting
- Mashing
- Baking
- Testing for readiness

Equipment Needed:

- Blue tray
- Large saucepan
- Wooden spoon
- Wooden triangle
- Weighing scales
- Fork
- Mixing bowl
- Muffin tray
- 2 metal spoons
- Safety mat
- Timer
- Container (to take food home in)

Method and Time Plan:

0	Personal and kitchen hygiene. Collect equipment and ingredients	 10
1	Preheat oven to 160°C	
2	Line muffin tray with 4 cases (use a single row in the middle)	 5
3	Place butter and caster sugar into saucepan and melt over a low heat. Stir with wooden spoon. Remove from heat and turn off the hob	 10
4	Using a fork, mash the bananas in a mixing bowl	 5
5	Stir flour and mashed bananas into the mixture in the saucepan	 5
6	Reserve 4 chocolate buttons for the top of the cake mixture. Add the rest of the chocolate buttons to the saucepan and stir in quickly to melt	 5
7	Using two metal spoons ; equally spoon the mixture into the 4 muffin cases – ensuring they are almost full. Add a chocolate button on top of each.	 10
8	Bake in the oven for at least 18 minutes (they may take longer) Ideally, cook at the same time as your partner	 15
9	Safely store your finished practical. Wash and tidy up	 10