

Muffins

Method

1. Pre-heat oven to 200°C
2. **Line** the muffin tray with 8 paper cases
Grease the paper cases for best results
3. **Weigh out** the flour into a small mixing bowl
4. **Add** the baking powder and salt
5. **Sieve** into a large mixing bowl
6. **Weigh out** 115g of sugar into a small mixing bowl
7. Add the sugar to the large mixing bowl and **mix**
8. **Weigh out** your chosen mix-ins in the small mixing bowl
9. Add to the large mixing bowl and **mix**
10. Crack two medium eggs into the small mixing bowl and **lightly beat** with a fork
! Wash hands after touching raw egg
11. Add the vanilla extract to the egg and **mix**
12. Add the oil to the egg and **mix**
13. **Measure out** the milk in a measuring jug
14. **Mix** the milk into the egg and oil mixture
15. Make a well in the large bowl dry ingredients
16. Add the wet ingredients into the dry ingredients and gently **fold** together with a spatula
! Do not overmix – lumpy with a few traces of flour is ok
17. **Evenly portion** the muffin mixture into the 8 paper cases
They should be almost full, but not quite to the top
18. Sprinkle some of the extra sugar onto each muffin
19. At the same time as your partner, **bake** for 22 minutes at 180°C
! You will need to swap shelves with your partner after about 10 minutes of cooking

Ingredients

- 280g plain flour
- 185ml milk
- 125g sugar (115g + 10g)
- 2 medium eggs
- 8 muffin cases
- 6 tbsp oil (school)
- 3 tsp baking powder (school)
- 1 tsp vanilla extract (school)
- Pinch of salt (school)

Mix-ins: e.g. choose

- 150g chocolate chunks
- 150g blueberries + lemon rind
- 100g marshmallows
- 150g strawberries

Optional fillings: e.g. choose

- Jam
- Chocolate spread
- Lemon curd

- Container

Equipment

- Blue tray
- Safety mat
- Digital scales
- Timer
- Vegetable knife
- Wooden spoon
- Dessert spoons x2
- Spatula
- Measuring spoons
- Fork

- Cooling rack
- Sieve
- Large mixing bowl
- Measuring jug
- Small mixing bowl
- Muffin tray

Cherry and Coconut Muffins

Method

1. Pre-heat oven to 200°C
2. **Line** the muffin tray with 8 paper cases
Grease the paper cases for best results
3. **Weigh out** the glacé cherries into a small mixing bowl
4. **Chop** into smaller pieces and reserve for later
Use a green chopping board and safety mat
5. **Weigh out** the flour into a small mixing bowl
6. **Add** the baking powder and salt
7. **Sieve** into a large mixing bowl
8. **Weigh out** the desiccated coconut into a small mixing bowl
9. Add the coconut to the large mixing bowl and **mix**
10. **Weigh out** 115g of sugar into a small mixing bowl
11. Add the sugar to the large mixing bowl and **mix**
12. Add the cherries to the large mixing bowl and **mix**
13. Crack two medium eggs into the small mixing bowl and **lightly beat** with a fork
! Wash hands after touching raw egg
14. Add the vanilla extract to the egg and **mix**
15. Add the oil to the egg and **mix**
16. **Measure out** the coconut milk in a measuring jug
Give the coconut milk a quick mix in case it separated in the tin
17. **Mix** the coconut milk into the egg and oil mixture
18. Make a well in the large bowl dry ingredients
19. Add the wet ingredients into the dry ingredients and gently **fold** together with a spatula
! Do not overmix – lumpy with a few traces of flour is ok
20. **Evenly portion** the muffin mixture into the 8 paper cases
They should be almost full, but not quite to the top
21. Sprinkle some of the extra sugar onto each muffin
22. At the same time as your partner, **bake** for 22 minutes at 180°C
! You will need to swap shelves with your partner after about 10 minutes of cooking

Ingredients

- 280g plain flour
- 185ml coconut milk
- 125g sugar (115g + 10g)
- 125g glacé cherries (plus 8 for on top)
- 40g desiccated coconut
- 2 medium eggs
- 8 muffin cases
- 6 tbsp oil (school)
- 3 tsp baking powder (school)
- 1 tsp vanilla extract (school)
- Pinch of salt (school)

- Container

Equipment

- Blue tray
- Safety mat
- Digital scales
- Timer
- Vegetable knife
- Wooden spoon
- Dessert spoons x2
- Spatula
- Measuring spoons
- Fork

- Cooling rack
- Sieve
- Large mixing bowl
- Measuring jug
- Small mixing bowl
- Muffin tray
- Green chopping board

Orange or Lemon Muffins

Method

As per standard or chocolate muffins recipe, except:

- **Zest** the fruit (add this to the wet ingredients later)
- Instead of milk, **juice** the fresh juice from the fruit (top up to 185ml with milk if not enough juice has been squeezed)
- Don't use vanilla extract, but you optionally could add orange or lemon extract

Ingredients

As per standard or chocolate muffins ingredients, except:

Orange Muffins

- 2 oranges
(for juice and zest)
- Enough milk to top up orange juice to 185ml
- 2 tsp orange extract (optional)

Lemon Muffins

- 2 lemons
(for juice and zest)
- Enough milk to top up lemon juice to 185ml
- 2 tsp lemon extract (optional)

Equipment

As per standard or chocolate muffins equipment, except:

- Zester
- Juicer
- *Green chopping board*

Chocolate Muffins

Method

1. Pre-heat oven to 200°C
2. **Line** the muffin tray with 8 paper cases
Grease the paper cases for best results
3. **Weigh out** the flour into a small mixing bowl
4. **Add** the baking powder and salt
5. **Sieve** into a large mixing bowl
6. **Weigh out** the cocoa powder into the small mixing bowl
7. Add the cocoa powder to the large mixing bowl and **mix**
8. **Weigh out** 115g of sugar into a small mixing bowl
9. Add the sugar to the large mixing bowl and **mix**
10. **Weigh out** your chosen mix-ins in the small mixing bowl
11. Add to the large mixing bowl and **mix**
12. Crack two medium eggs into the small mixing bowl and **lightly beat** with a fork
! Wash hands after touching raw egg
13. Add the oil to the egg and **mix**
14. **Measure out** the milk in a measuring jug
15. **Mix** the milk into the egg and oil mixture
16. Make a well in the large bowl dry ingredients
17. Add the wet ingredients into the dry ingredients and gently **fold** together with a spatula
! Do not overmix – lumpy with a few traces of flour is ok
18. **Evenly portion** the muffin mixture into the 8 paper cases
They should be almost full, but not quite to the top
19. Sprinkle some of the extra sugar onto each muffin
20. At the same time as your partner, **bake** for 22 minutes at 180°C
! You will need to swap shelves with your partner after about 10 minutes of cooking

Ingredients

- 225g plain flour
- 185ml milk
- 125g soft light brown sugar (115g + 10g)
- 55g cocoa powder
- 2 medium eggs
- 8 muffin cases
- 6 tbsp oil (school)
- 3 tsp baking powder (school)
- Pinch of salt (school)

Mix-ins: e.g. choose

- 150g chocolate chunks
- 150g blueberries
- 100g marshmallows
- 150g strawberries

Optional fillings: e.g. choose

- Jam
- Chocolate spread
- Container

Equipment

- Blue tray
- Safety mat
- Digital scales
- Timer
- Vegetable knife
- Wooden spoon
- Dessert spoons x2
- Spatula
- Measuring spoons
- Fork
- Cooling rack
- Sieve
- Large mixing bowl
- Measuring jug
- Small mixing bowl
- Muffin tray