

THE CULINARY

Playground



Muffins

makes 6 muffins

1 cup all-purpose flour
1/3 cup sugar
1/2 tablespoon baking powder
1/4 teaspoon salt
1 egg
1/2 cup milk
1/2 teaspoon vanilla
2 tablespoons melted butter
1/2 cup chocolate chips, or 3/4 cup frozen berries (chopped if needed)
Coarse sugar or cinnamon sugar for dusting

Preheat the oven to 400 degrees (NOT convection).

Line a muffin tins with paper wrappers and give a light spray of non-stick spray.

In a large bowl, using a fork, whisk together the flour, sugar, baking powder, salt. Set aside.

In a small bowl, mix together the egg, milk, vanilla and butter (*have butter melted ahead of time in glass measuring cup - the butter may seize up when mixed with cold milk - this is fine and a good talking point about liquid vs. solid and temperature*).

Pour the liquid ingredients into the dry and stir just until blended. (*Demonstrate how to stir efficiently by using spoon to scrape sides and bottom of bowl*) Fold in chocolate chips or blueberries.

Do not overmix or muffins will be rubbery - there may be some lumps and that is OK.
Sprinkle tops of muffins with a pinch of coarse sugar for chocolate chip muffins or cinnamon sugar for fruit.

Fill muffin tins half-2/3 full (*use large scoop for this*) and bake 12-15 minutes or until they are golden brown and spring back when touched and toothpick comes out clean.

THE CULINARY PLAYGROUND
16 MANNING STREET, DERRY, NH ~ (603) 339-1664
www.culinary-playground.com