

# THE CULINARY

*Playground*



## Muffins

*makes 6 muffins*

1 egg  
1/2 cup milk  
1/2 teaspoon vanilla  
2 tablespoons melted butter or margarine  
1 cup all-purpose flour  
1/3 cup sugar  
1/2 tablespoon baking powder  
1/4 teaspoon salt  
1/2 cup chocolate chips, or heaping 1/2 cup blueberries  
Coarse sugar or cinnamon sugar for dusting

Preheat the oven to 400 degrees.

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 (*be sure to give flour bucket a stir with the large plastic knife to aerate it and have them measure flour by spooning it into measuring cup, this prevents adding too much flour by compaction*), sugar, baking powder, salt. Set aside.

In a small bowl, mix together the egg (*explain that we do the egg first incase we get shell*), milk (*pour milk into a pitcher to be measured from, the gallon is too heavy*), vanilla and butter (*have butter melted ahead of time in glass measuring cup*).

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 blueberry.

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.