



Savoury Muffins



makes 6



25 minutes

INGREDIENTS

150g self raising flour

125ml semi-skimmed milk

2 tablespoons sunflower oil

1 medium egg

½ teaspoon baking powder

Savoury filling options:

50g Cheese of Choice (For Example:

Cheddar, Red Leicester

50g of Chopped Cooked Ham / Bacon

50g Grated Carrots / 50g grated courgette

Mustard Powder, Chilli, Spices or Herbs are

an option of your choice

EQUIPMENT

- Measuring Jug
- Muffin tin
- 6 Muffins cases
- Sieve
- Fork
- Mixing spoon
- Mixing bowl
- Table spoon

Food Science: **Coagulation** - an irreversible change to protein from a liquid or semi liquid state to a solid state.

TIMEPLAN

1	Preheat the oven to 200°C. Place muffin cases in the muffin tin. Sieve the flour into a large mixing bowl and add the baking powder	Sieve the flour
2	Prepare any chosen flavourings. Grate the cheese, slice, dice or grate vegetables	Use the bridge and claw method. Green chopping board for vegetables.
3	Crack the egg into a measuring jug and beat with a fork. Add to the measuring jug containing the beaten egg the oil and milk. Mix thoroughly.	Wash hands with warm soapy water after touching raw egg.
4	Add this mixture to the large mixing bowl containing the flour. Beat thoroughly with a white plastic spoon. Add your chosen flavourings. Mix thoroughly.	



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Food Preparation and Nutrition



5	Spoon the mixture evenly into the paper muffin cases using a table and teaspoon.	Wipe away spills on the muffin tray tray to avoid burning in the oven.
6	Bake for 12 to 15 minutes, . Once cooked, remove from the oven and allow to cool on a cooling wrack.	Use oven gloves to take food in and out of the oven.

