
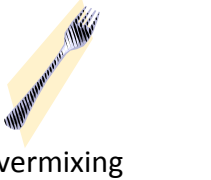



# MUFFINS



- Muffins, like cinnamon rolls, are an example of a “**quick bread**”.
  - quick breads use **baking powder or baking soda** (with an acid) to help them rise quickly in the oven as opposed to other products that use yeast and have a longer rising time
- The food preparation technique for making muffins is called “**the muffin method**”.
- The Muffin Method:
  - is a **two bowl method** 
    - **dry ingredients** and **wet ingredients** are put into **separate** bowls
    - a **well** can be made in the center of the dry ingredients before adding the wet ingredients
    - the dry and wet ingredients are **mixed just until they are combined** (no more flour visible) to prevent overmixing and to create the appropriate texture
- Flour and liquid in a recipe combine to influence the **texture** of baked goods and can be affected by the mixing process (utensil used, method, length of time)
- The **best utensils** for mixing muffins are
  - a fork, a wooden spoon or a spatula 
    - these are easier to control and reduce the likelihood of overmixing
      - an electric mixer is harder to control and may result in overmixing
- An **ideal muffin**
  - will have a rounded top
  - soft texture
  - no big holes or tunnels on the inside 
    - overmixing is usually the cause of coneheaded muffins with holes and a tough texture
- The main ingredient in our muffin recipe is **flour**, which provides carbohydrates in the form of **starch**.
  - Many commercially prepared muffins have **sugar** listed as the main ingredient and contain more **fat and energy** (calories) than homemade muffins.
  - **Read labels, choose with consideration.**

