

Muffins

Ingredients

- 2 Medium Eggs
- 125ml Vegetable Oil
- 250ml Semi-Skimmed Milk
- 250g Golden Caster Sugar
- 400g Self Raising Flour
- 1 tsp Salt

Options

- 100g washed blueberries
- 75g Dark Chocolate Chips
- 75g Milk Chocolate Chips
- 50g Raisins

Equipment

- Kitchen Scales
- Mixing Bowl
- Food Mixer, but I find it easier to mix with a fork or whisk.
- Sieve
- Measuring Jug
- 2 x Muffin tray
- 12 Muffin Cases - Larger than fairy cake cases
- Wire rack for cooling

Preparation

- Get all the ingredients measured and equipment laid out.
- Get the paper cases in the muffin tray



Method

Heat the oven to 200°, gas mark 6.

Break the eggs into a mixing bowl and lightly mix with a fork or the mixer.

Add vegetable oil and milk and whisk until just combined.

Add the caster sugar and mix until smooth.

Sift in the flour and salt, again until just smooth. Do not over mix – it's ruins the texture of the muffin!

You have the option here to split the mix into two bowls so you can make 6 each of two variants. I like to do this to get 6 Blueberry and 6 Choc Chip.

Fold in the blueberries or choc chips.

Spoon into the muffin cases (just over $\frac{3}{4}$ full).

Bake for 25 minutes until risen and golden brown.

Stick a skewer in if you are not sure that they are cooked. The skewer should come out clean.

Once removed from the oven, leave them in the tray for a few minutes before transferring to a wire rack for cooling.

Obviously, keep them in the paper muffin case until you are ready to eat them!

They will keep moist for a good few days but if they are not to be eaten within day or so, you can extend their storage time if you transfer them to individual plastic bags with a folded square of kitchen roll in the bottom.



Portions

This recipe makes 12 large muffins.

Storage

Store in an airtight plastic box.

Will keep for a few days.

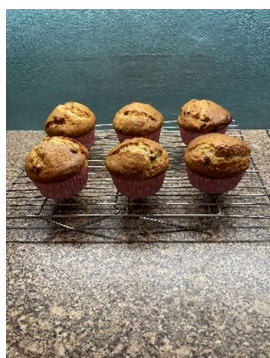
Do not refrigerate



Get all the ingredients to hand and measured before you start.

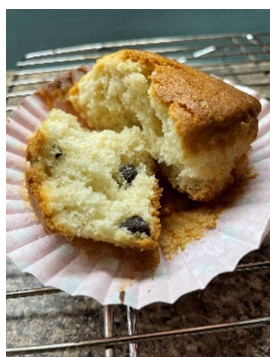


*Part Cooked and Starting to Rise
Be patient and do not open the oven door during cooking.*



*Large muffins cooling.
Oops, I left them in the oven 5 minutes longer than I intended.*

Maybe a bit darker than usual, but still light and fluffy inside.



*Ready to Eat
Light, Fluffy & Moist but they will dry out over the next few days.*

Techniques

There are no special techniques for this recipe. A good one to get the children involved.

If you want your muffins to rise over the edge of the paper case, you really need to use a proper muffin tray – deeper than the fairy cake tray.

If you are using two different fillings in the same muffin, use half the quantity of each one.

Test Kitchen

Big Muffins or Small Muffins?

I ran an experiment with two sizes of Muffins.

In both tests, I used a deep muffin tray and filled the cases to near the top. It's important that the cake case is a good fit to the tray.



Small muffins have the same great taste, but the crispy outside tends to dominate the light inside.

The smaller muffins also did not have as much of the filler, in this example, choc-chips.

The larger muffins are the more traditional style. They stored better as the small ones dried out much quicker. Not good for muffins that are already designed to be quite dry inside.



Overall, I'll stick to the large muffin option. If I want small sponges, I'll use the Cup Cake recipe.