

BLUEBERRY MUFFINS

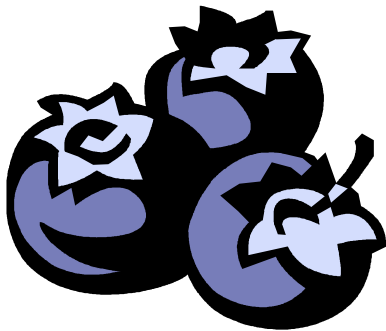
Cookery Principle: Quickbreads
Muffin Method

Ingredients:

250 ml flour
10 ml baking powder
1 ml salt
30 ml sugar
125 ml blueberries
1 egg
125 ml milk
30 ml oil

Equipment:

muffin pan
sieve
dry measures
liquid measure
measuring spoons
metal spatula
cooling rack
wooden spoon
rubber spatula
large mixing bowl
small mixing bowl
large spoon
fork



Method:

1. Adjust rack to center position, preheat oven to 400°F.
2. Line muffin pan.
3. Sift dry ingredients into large mixing bowl.
4. Stir blueberries into dry ingredients.
Make a well.
5. Beat egg in small bowl.
6. Add oil and milk to egg and stir.
7. Add liquid ingredients to dry ingredients all at once. Stir until just moistened.
8. Fill muffin cups 2/3 full or divide batter equally between the 6 cups.
9. Bake 15-20 min. until golden brown.
10. Remove from pan to cooling rack.