

SJ'S BLUEBERRY MUFFINS



Oven temp: 400 F

Time: 20-25 min.

Yield: 9 muffins

COOKERY PRINCIPLE:

The Muffin Method (drop batter)

INGREDIENTS:

250 + 80 = 330 mL flour
25 + 125 = 150 mL sugar
2 mL salt
5 + 5 = 10 mL baking powder
75 mL vegetable oil
1 egg
125 mL milk
250 mL blueberries

EQUIPMENT:

Measuring spoons
Sifter
Metal bowls – small & medium
Whisk
Glass Measuring Cup
Metal Measuring cup
Rubber Spatula & Metal Spatula
Toothpick
Muffin Tins
Baking Liners (9)
Wooden Spoon
Oven Mitts
Cooling Rack

METHOD:

1. Center oven racks. Preheat oven to 400 F
2. Line muffin tins with baking liners.
3. Sift and measure flour into a medium bowl. Measure and sift sugar, baking powder and salt into the medium bowl. Mix with a spoon. **Add blueberries and toss gently.**
4. In a separate small bowl, beat egg with whisk
5. Add the milk and oil to egg
6. Make a well in the dry ingredients and add the liquid ingredients all at once.
7. Stir with a wooden spoon (or a rubber spatula) – only until blended.
8. Fill the prepared muffin tins 2/3 full.
9. Bake 20-25 minutes. Stagger your muffin tins and switch halfway through.

TEST FOR DONENESS:

1. Top of muffin should spring back when touched with finger.
2. Toothpick should come out dry and clean.

PRODUCT STANDARDS:

1. Golden brown with a gently rounded top. Pebbly surface
2. Light and moist, tender crumb
3. No tunnels