Pancake Soufflé Muffins

The following recipe makes 24 muffins, change the yield to make 8 muffins.

Desired yield \_\_\_\_\_ ÷ Existing yield \_\_\_\_\_\_ = Conversion factor \_\_\_\_\_\_\_

Use the conversion form below to calculate the conversion for each ingredient listed in the recipe.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Amount | Multiplied By | Conversion Factor | Equals | New Yield |
| Flour | 2 1/3 cups (37 tbsp) | x |  | = |  |
| Cake Flour | 1 cup + 2 tbsp (18 tbsp) | x |  | = |  |
| Baking Soda | 2 tsp | x |  | = |  |
| Baking Powder | 2 tsp | x |  | = |  |
| Salt | 1 tsp | x |  | = |  |
| Eggs, separated | 6 large | x |  | = |  |
| Cream of Tarter | ¾ tsp | x |  | = |  |
| Butter, melted | 6 tbsp | x |  | = |  |
| Sugar | 6 tbsp | x |  | = |  |
| Vanilla | 1 tsp | x |  | = |  |
| Buttermilk | 3 1/3 cups (53 tbsp) | x |  | = |  |

1. Preheat oven to 400. Grease 8 muffin cups in a muffin pan.

2. In a bowl mix the flour, cake flour, baking soda, baking powder and salt. Set aside.

3. Separate the eggs. In the mixer beat the egg whites and cream of tartar with the mixer until firm peaks forms. 2-3 minutes. Scrape out of the bowl into another bowl and set aside.

4. In the mixer bowl put the egg yolks and mix until thick, ribbony and lemon-yellow– about 6 minutes. Add the melted butter, sugar an vanilla. Mix about 30 seconds. Add 1/3 of the dry ingredients and mix on low. Add 1/3 the butter milk and mix. Alternate adding the remaining dry ingredients and buttermilk.

5. With a large spatula, gently fold the whites into the batter, leaving some streaks.

6. Scoop about ½ cup of batter into each muffin cup – fill to the rim. Bake 20-25 minutes – rotate after 10 minutes. Should be brown on top and puffed.

7. Serve with syrup.

Pancake Soufflé Muffins

The following recipe makes 24 muffins, change the yield to make 8 muffins.

Desired yield \_\_8\_\_\_ ÷ Existing yield \_\_24\_\_\_\_ = Conversion factor \_\_.333334\_\_

Use the conversion form below to calculate the conversion for each ingredient listed in the recipe.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Amount | Multiplied By | Conversion Factor | Equals | New Yield |
| Flour | 2 1/3 cups (37 tbsp) | x |  | = | ¾ cup + 1 tsp |
| Cake Flour | 1 cup + 2 tbsp (18 tbsp) | x |  | = | ¼ cup + 2 tbsp |
| Baking Soda | 2 tsp | x |  | = | 2/3 tsp |
| Baking Powder | 2 tsp | x |  | = | 2/3 tsp |
| Salt | 1 tsp | x |  | = | 1/3 tsp |
| Eggs, separated | 6 large | x |  | = | 2 |
| Cream of Tarter | ¾ tsp | x |  | = | ¼ tsp |
| Butter, melted | 6 tbsp | x |  | = | 2 tbsp |
| Sugar | 6 tbsp | x |  | = | 2 tbsp |
| Vanilla | 1 tsp | x |  | = | 1/3 tsp |
| Buttermilk | 3 1/3 cups (53 tbsp) | x |  | = | 1 cup 2 tbsp |

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