

Quick Breads, Muffin Method Demo

Summary

Understanding the Muffin Method will help you to prepare many different Quick Breads using this method.

Main Core Tie

Food And Nutrition 1

[Strand 3 Standard 3](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Overhead Transparency:

Steps to the Muffin Method

Ingredients and equipment for Muffin Demonstration using the Muffin Recipe:

3 1/2 cups flour

2/3 cup sugar

4 tsp. baking powder

1/2 tsp. salt

2 eggs

1 1/2 cups milk

1/2 cup oil

1/2 can blueberries

jelly

Pam spray

measuring cups and spoons

2 cup liquid measuring cup

large spoon

metal spatula

sifter

large bowl

fork

medium bowl

teaspoons

2 - 12 cup muffin tins

oven

2 bread baskets

napkins

3 knives

butter on plate

Handouts:

Lab Planning Sheet

Background for Teachers

This is a short unit on Quick Breads. It should take five 90 minute class periods in all. The teacher will be giving two demonstrations on the biscuit method and the muffin method on two different days and the students will complete a lab during the next class period following the demonstration.

The Quick Bread Recipes will be used for the whole unit. Each day will be listed as a separate lesson plan. Teacher will need to know about Quick Breads to give information to the students to complete their study sheet during lectures and demonstrations.

Student Prior Knowledge

Know what quick breads are how to prepare muffins using the muffin method.

Intended Learning Outcomes

The students will know what quick breads are and that they belong to the Bread, Cereal, Grain Food Group on the Food Guide Pyramid which are high in Carbohydrates. They will know what characteristics to look for in quick bread products, the preparation technique or methods in preparing them and the purpose of the ingredients that the recipe calls for.

Instructional Procedures

Review with the students what the Steps to the Muffin Method are.

Using overhead transparency, show the Steps to the Muffin Method.

Continue the information on the Quick Bread study sheet regarding Muffins.

Demonstrate using the Muffin recipe how to prepare variety muffins. I generally double the recipe having the students tell me the doubled amount while I am preparing it for the class. By doubling the recipe, you should be able to have a muffin for each student to sample for a class of 24.

As I am preparing the recipe, I will tell and show them how they can make a variety muffin instead of plain muffins using blueberries, cheese, surprise muffins with jelly or jam, crumb topping, etc.

For the lab next time, they will be able to prepare variety muffins if they choose. With the last few strokes of mixing the batter, divide out some of the batter into two bowls and add 1/2 can of drained blueberries to one bowl and gently fold in the blueberries.

With the other half, make surprise muffins by just barely covering the bottom of the muffin cup with batter, then add 1 teaspoon of jelly or jam covering it with the rest of the batter filling it 2/3's full.

You can illustrate how overmixing the batter causes tunnels and high peaks with some of the batter mixing it an extra 10 strokes, 20 strokes and 30 strokes. Make sure you mention if you over mix the muffin batter, you will end up with high peaks on top instead of round, pebbled tops and holes or tunnels in the muffin resembling Swiss cheese. Bake the muffins in the oven.

While they are baking, have the students plan their lab for next time making variety muffins using the Lab Planning Sheet. Make sure they rotate the job responsibilities according to the Daily Individual Sheet.

Students can either make half or whole recipe as long as they eat what they prepare. They will need to order the extra ingredients to make their variety muffins.

Clean up while the students are planning lab. If they have time, they can work on the Quick Bread crossword puzzle.

When the unit turns in their lab planning sheet, they can sample one of the muffins when they come out of the oven.

Bibliography

Muffin recipe was originally taken from the New Cook Book by Better Homes and Garden.

Authors

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