



CHOCOLATE MUFFINS

Teacher's Guide

Learning Outcomes

At the end of this lesson you will be able to:

- identify the ingredients and equipment used in the preparation of chocolate muffins.
- list the steps involved in the making of chocolate muffins.
- demonstrate manipulative skills in preparing chocolate muffins.

Introduction

Muffins are usually made from a batter consisting of flour, sugar, eggs and milk. They can be sweet or savoury and look similar to small cakes.

Some popular sweet muffin flavours are chocolate muffins, blueberry muffins, banana muffins, vanilla muffins and chocolate chip muffins.

Savoury muffins often include vegetables, cheese, herbs and ham. Examples of savoury muffins are zucchini (courgette) and cheese muffins, spinach and feta cheese muffins and ham and cheese muffins.



Examples of muffins



Chocolate chip muffins



Blueberry muffins



Chocolate muffins



Banana muffins



Spinach and feta muffins



Ham and cheese muffins



Recipe for chocolate muffins

No of servings: 6

Baking time: 15 minutes

Ingredients	Quantity
Self-raising flour	125 g
Cocoa powder	15 g
Baking powder	1 tsp
Caster sugar	75 g
Milk	100 ml
Egg, beaten	1
Cooking oil	50 ml
Chocolate chips / grated chocolate	40 g
Vanilla essence	1 tsp



Equipment needed for the practical class

			
1 mixing bowl	1 teaspoon	2 tablespoons	1 electronic scale
			
1 set measuring spoons	1 measuring jug	1 sieve	1 small bowl
			
1 wooden spoon	1 silicone mould	1 plate	6 paper muffin cases

Materials needed for the practical class

				
apron	hair net	dish towel	hand towel	1 pair oven gloves

Method

Step 1



Line a 6-hole silicone muffin mould with paper muffin cases.

Step 2



In a mixing bowl, sift the flour, cocoa and baking powder.

Step 3



Stir in the sugar.

Step 4



Add beaten egg.



Add cooking oil.

Step 5



Add milk.



Add vanilla essence.



Add chocolate chips / grated chocolate.

Step 6



Using a wooden spoon, mix lightly.



Step 7



Spoon the mixture into the paper muffin cases.

Step 8

Microwave for approximately 3 minutes (at 900 W).

Step 9

Remove the mould from the microwave oven and leave to cool for 5 minutes. Transfer to a wire rack and leave to cool completely.

Step 10

The muffins are now ready to be served!

Now that you have prepared the chocolate muffins, you can attempt the following activities.



Activity 1: Equipment used during the making of chocolate muffin

Match the correct equipment you used in Column A to its corresponding steps in Column B. One has been done for you.

Column A: Equipment used for each step	Column B: Steps
	Combining the cake mixture
	Sifting the flour, cocoa and baking powder
	Measuring 100 ml milk
	Measuring 125 g self-raising flour
	Transferring the cake mixture into the paper muffin cases
	Cooking the chocolate muffins



Activity 2: Costing

Calculate the cost of your chocolate muffins using the prices given below.

Ingredients	Quantity
Self-raising flour	125g — Rs 10
Cocoa powder	15g — Rs 15
Baking powder	1 tsp — Rs 2
Caster sugar	75g — Rs 5
Milk	100 ml — Rs 6
Egg, beaten	1 — Rs 5
Cooking oil	50 ml — Rs 5
Chocolate chips / grated chocolate	40g — Rs 5
Vanilla essence	1 tsp — Rs 8

Ingredients	Costing
Self-raising flour	
Cocoa powder	
Baking powder	
Caster sugar	
Milk	
Egg, beaten	
Cooking oil	
Chocolate chips / grated chocolate	
Vanilla essence	
Total cost	



Activity 3: Types of muffins

(a) Write the names of 4 types of muffins that you know.

1.
2.
3.
4.

(b) List 4 ingredients that are important in the making of muffins.

1.
2.
3.
4.