

### **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



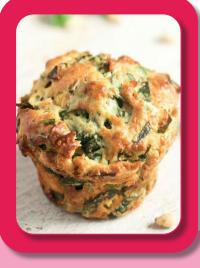
Blueberry muffins



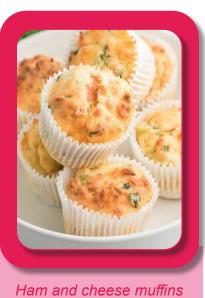
Chocolate muffins



Banana muffins

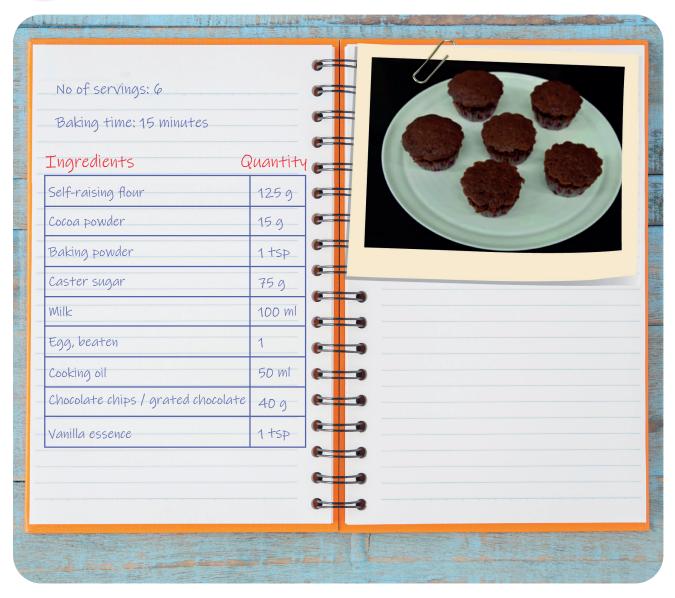


Spinach and feta muffins





### Recipe for chocolate muffins



#### **Equipment needed for the practical class**



#### **Materials needed for the practical class**



#### 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.



Add beaten egg.





Add cooking oil.



Add milk.



Add vanilla essence.



Add chocolate chips / grated chocolate.



Step 6

Using a wooden spoon, mix lightly.



Sten

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

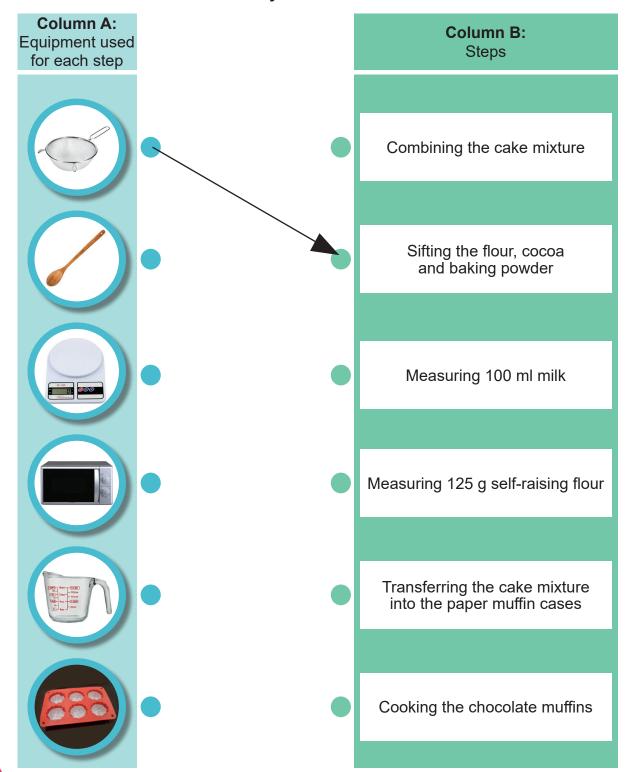
The muffins are now ready to be served!

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



### Activity 1: Equipment used during the making of chocolate muffin

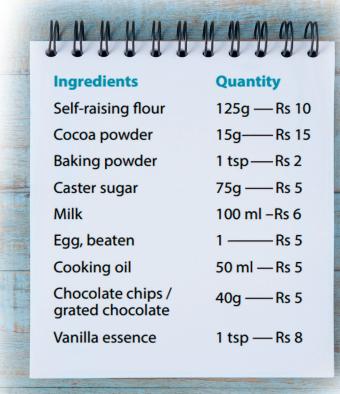
Match the correct equipment you used in Column A to its corresponding steps in Column B. One has been done for you.





### **Activity 2: Costing**

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



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