

DT food Year 3 05/12/16

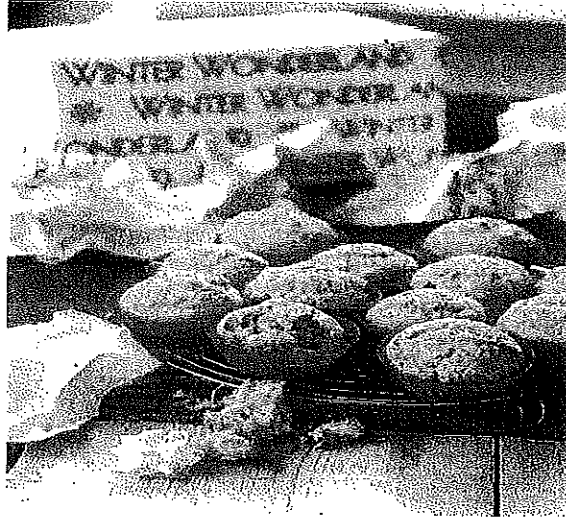
Christmas Muffins

Ingredients

Makes: 12

Metric Cups

- 250 grams self-rising flour
- 100 grams caster sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 clementine's (or satsumas)
- 125 ml full fat milk
- 75 ml vegetable oil
- 1 large egg
- 175 gr dried mixed fruit
- 3 teaspoons demerara sugar (for the topping)
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Method

1. Preheat the oven to 200°C/gas mark 6/400°F. Line a 12-bun muffin tin with muffin papers
2. Measure the flour, caster sugar, cinnamon and nutmeg into a large bowl; grate the zest of the clementine/satsuma over, and combine.
3. Squeeze the juice of the clementine's/satsumas into a measuring jug, and pour in the milk until it comes up to the 200ml mark / halfway between the ¾ cup and 1 cup marks.
4. Add the egg, and lightly beat until just combined.
5. Pour this liquid mixture into the bowl of dried ingredients and stir until everything is more or less combined, remembering that a well-beaten mixture makes for heavy muffins: in other words a lumpy batter is a good thing here.
6. Fold in the mixed fruit, then spoon the batter into the muffin cases and sprinkle the demerara sugar on top. Bake in the oven for 20 minutes,