**Applesauce Muffins**

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| Jobs for Lab Day | | |
| 1 | Washer/Prep tools |  |
| 2 | Dryer/Cooking tools |  |
| 3 | Housekeeper/Ingredient Gathering |  |

**Ingredients**

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| * 1 large egg * 125 ml packed light brown sugar * 125 ml applesauce * 125 ml milk * 125 ml oats * 30 ml cup canola oil | * 2 ml vanilla extract * 125 ml + 50 ml all-purpose flour * 7 ml baking powder * 2 ml baking soda * 2 ml ground cinnamon * 1 ml salt |

**Directions notes**

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| 1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray |  |
| 2. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in applesauce, milk, oats, oil and vanilla. |
| 3. Whisk flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Scoop the batter into the prepared muffin cups (they’ll be quite full). |
| 4. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving. |

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| Criteria | **Self Assessment** |
| 1. I READ and followed the recipe accurately 2. I demonstrated kitchen safety and food safety 3. I worked with my kitchen team equitably and fully completed my lab duties | |  |  |  |  | | --- | --- | --- | --- | | **Extending** | **Proficient** | **Developing** | **Emerging** | |  | | | | |

**Quick Bread Leavening process**

Preparing a quick bread generally involves two mixing containers. One contains all dry ingredients (including chemical leavening agents or agent) and one contains all wet ingredients (possibly including liquid ingredients that are slightly acidic in order to initiate the leavening process). In some variations, the dry ingredients are in a bowl and the wet ingredients are heated sauces in a saucepan off-heat and cooled.

During the chemical leavening process, agents (one or more food-grade chemicals—usually a weak [acid](https://en.wikipedia.org/wiki/Acid) and a weak [base](https://en.wikipedia.org/wiki/Base_(chemistry))) are added into the dough during mixing. These agents undergo a chemical reaction to produce [carbon dioxide](https://en.wikipedia.org/wiki/Carbon_dioxide), which increases the baked good's volume and produces a porous structure and lighter texture.[[4]](https://en.wikipedia.org/wiki/Quick_bread#cite_note-autogenerated9-4) [Yeast breads](https://en.wikipedia.org/wiki/Yeast_bread) often take hours to rise, and the resulting baked good's texture can vary greatly based on external factors such as temperature and humidity. By contrast, breads made with chemical leavening agents are relatively uniform, reliable, and quick. Usually, the resulting baked good is softer and lighter than traditional yeast bread.

**Questions**

1. What gas is produced by chemical leavening agents such as baking soda and baking powder?

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2. The method used to make muffins rise when baking is also known as the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ method.

4. How should the batter be mixed to prevent tough muffins?

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5. List some ways to sweeten muffins without using sugar:

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6. What ingredients are present and/or could be added to increase the fibre in muffins?

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