

Lesson Two - Let's Bake Muffins!

Everyone loves to eat homemade goodies fresh from the oven. Using Bisquick® baking mix makes preparation a snap! In this introductory baking lesson, the girls will use Bisquick® baking mix to make blueberry muffins. In future lessons, we'll bake "from scratch".

In this lesson, the girls will learn to:

- Use the oven safely to bake muffins
- Measure dry ingredients correctly
- Mix dry and liquid ingredients together by hand
- Recognize teaspoon and tablespoon measuring spoons

Review:

- Measuring liquid ingredients (Lesson 1)
- Kitchen Safety (from Lesson 1)

Give each girl a copy of:

- Learning to Bake Muffins
- Blueberry Muffin recipe

How many pans of muffins should we bake? Each girl needs an opportunity to help prepare the recipe. Unless you have only 2 or 3 girls, it's probably not feasible for each girl to make her own batch of muffins. Encourage the girls to do so at home. In class, they can work in small groups and take turns measuring, stirring, and putting the batter in the muffin pan. No one should simply stand and watch.

Most ovens will easily accommodate 2 pans of muffins and some ovens will hold more. Be sure you have at least 1"- 2" of space between the pans so the muffins will bake evenly. Determine how many pans will fit in your oven at one time. Divide your class into small groups so each group of girls has one muffin pan (with 12 holes).

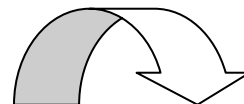
Read and discuss "Learning to Bake Muffins" together. Review the "Kitchen Safety" page from Lesson One, emphasizing the oven section. Show the girls how to turn on your oven. Always supervise the girls any time they use the oven – or any appliance! Depending on the age and experience of your group, you may prefer an adult take things in and out of the oven. With experience and supervision, the girls should learn to do this.

Have the girls bring their recipe to the kitchen. **Demonstrate** the recipe step-by-step, emphasizing the following:

Measuring dry ingredients (Step 2): Spoon Bisquick® baking mix into a one cup measuring cup designed for dry ingredients. Do not sift. Slightly



The girls are eager to make muffins after watching the demonstration.



Don't forget to
preheat the oven
to 400 degrees.

over-fill the cup, then level off with the straight edge of a knife. See illustration on the Student Page.

Stirring in liquid ingredients (Step 6): Show the girls a set of **measuring spoons** and look at the difference between a teaspoon and a tablespoon. For this lesson, you will only need the tablespoon to measure the oil.

Use a large spoon to **combine the liquid and dry ingredients**. Caution the girls against over-mixing the batter. Kids love to stir and stir, but that will produce muffins with a tough texture. All the ingredients should be moistened, but some lumps will remain.

Blueberries stain clothes and countertops! Drain the berries (and thaw, if needed) ahead of time. Use paper towels to wipe up blueberry juice.

Put your muffins in the oven and set the timer for 13 minutes. A range of baking times is given in most recipes because ovens vary. The muffins are done when golden brown on top. Check them after 13 minutes and add more time if needed. You'll need more baking time when several pans of muffins are baking at once.

When baking, open the oven door only when necessary. It's especially important not to open the door during the first 10 minutes while the muffins rise. Constant fluctuations in oven temperature can adversely affect your baked goods. Allow the muffins to cool 10 minutes in the pan, then remove them to a cooling rack or plate. Eat & enjoy!

What you'll need for this lesson:

Ingredients for each batch of muffins:

2 Cups Original Bisquick® baking mix
1/3 Cup sugar
2/3 Cup milk
2 Tablespoons vegetable oil
1 egg
3/4 Cup fresh or frozen blueberries (thawed and drained)

Supplies for each batch of muffins:

Muffin pan (12 holes, standard size)
Paper baking cups ("cupcake papers")
Medium Mixing Bowl
Set of graduated measuring cups for dry ingredients (1C, 1/3C)
Measuring Cup for liquids
Measuring Spoons
Small Bowl or Cup for cracking the egg
Large spoon for Mixing
Colander or sieve to drain blueberries
Cooling Racks or Trivets for the hot pans
Oven Mitts or Hot Pads
Timer
Optional: 1/3 or 1/2 Cup measure to ladle batter into the muffin pan

To serve the muffins:

Small Plates
Napkins
Milk or juice
Cups or Glasses
Butter or margarine
Knife to spread

Name:

Learning to Bake Muffins

Muffins are a delicious accompaniment to any meal. They can be sweet, like the blueberry muffins we'll make. Or, they can be savory, like cornbread or cheese muffins.

To make quick and easy muffins, we'll use **Bisquick®** baking mix. Bisquick® baking mix contains flour, baking soda, fat and salt already mixed together so you will only need to add a few ingredients to complete the recipe. You can find more Bisquick® recipes on the box or on their web site www.bisquick.com.

When baking, it's important to **preheat the oven**. It takes 20 minutes or more for the oven to reach the temperature stated in the recipe. If you do not preheat the oven, the muffins may not rise properly. Always read your recipe in advance and allow enough time for the oven to reach the correct temperature. Only use the oven with adult permission!

You will bake the muffins in a regular-size **muffin pan** with 12 holes. Pans for mini-muffins or jumbo muffins will require different baking times. Lining each hole with a **paper baking cup** ("cupcake papers") makes clean up easier. If you choose not to use paper liners, you will need to grease the bottoms of the muffin cups.

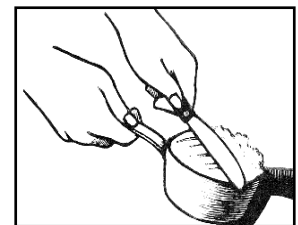
Muffins should be light and tender, with a uniform texture, not full of tunnels or holes. **Correct measuring and mixing techniques** are very important. You don't want heavy or chewy muffins!

Spoon the Bisquick® baking mix into a one cup measuring cup designed for dry ingredients. These come in a graduated set with 1/4, 1/3, 1/2, and 1 cup measures. The straight edge along the top allows you to fill the cup full, then level off by running the straight edge of a knife across the cup. Do not shake or tap down the Bisquick® baking mix in the cup. You will end up with too much, and the muffins will be dry.

To **mix the dry and wet ingredients together**, stir just until the dry ingredients are moistened. Over-mixing causes tunnels or holes and a tough texture in the muffins.



The girls set out the things they need before they make muffins.



Used with permission,
King Arthur Flour Co.

Blueberry Muffins



Ingredients:

- 2 Cups Original Bisquick® baking mix
- 1/3 Cup sugar
- 2/3 Cup milk
- 2 Tablespoons vegetable oil
- 1 egg
- 3/4 Cup fresh or frozen blueberries (thawed & drained)

Method:

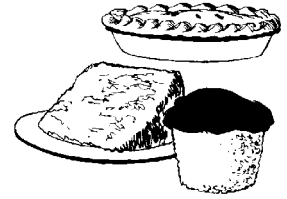
Yield: 12 muffins

1. Preheat oven to 400 degrees. Place a paper baking cup in each of 12 regular-size muffin cups.
2. Measure the **Bisquick® baking mix** into a mixing bowl.
3. Add the **sugar** to the **Bisquick® baking mix** and stir.
4. Measure the **milk**; add the **vegetable oil** to the milk. Set aside
5. Crack the **egg** into a small cup or bowl. Remove any pieces of eggshell.
6. Stir the **milk**, **oil** and **egg** into the dry ingredients. Mix just until the dry ingredients are moistened. There will be lumps!
7. Gently stir in the **blueberries**.
8. Spoon the batter evenly into the 12 muffin cups, filling each about 3/4 full.
9. Bake 13 – 18 minutes or until golden brown.

High Altitude Directions (3500-6500 ft.): Heat oven to 425 degrees.

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www.bettycrocker.com.

Extending the Lesson... *Learning to Bake*



Introducing girls to baking teaches them valuable skills they'll use for a lifetime. Someday, they'll bake muffins for their own family, a special cake for their child's birthday, or brownies for a bake sale.

Plan other simple baking experiences for your group. Depending on their prior experience, they may need several more easy recipes before they move on to baking completely "from scratch".

On the next page you will find another delicious muffin recipe from Bisquick® baking mix. With chocolate chips and bananas, it's sure to be a hit with kids! Try the variations at the end of the recipe, or create some of your own.

For some other easy recipes, try biscuits, cupcakes or a coffee cake made with Bisquick® baking mix. You'll find recipes on the box and many more at www.Bisquick.com, or call 1-800-336-9331.

Prepare cake, brownies or a quick bread from a mix. Read through the directions on the box together and teach the girls to follow them step-by-step. Have them set out all the materials and ingredients they need before they begin. Show them how to use a mixer, a spatula and other baking tools. Be sure they know how to wash the dishes and clean up their workspace. Establishing good habits in the kitchen promotes successful baking experiences.

Encourage the girls to begin a **recipe file** of their own. They can begin with an inexpensive file box, or a recipe file box with dividers and pretty recipe cards that will serve them well for years to come. If you have a recipe file, show it to the girls. Share a few of your favorite recipes and copy a couple for the girls to include in their own file box.

Check out recipe books from the library and share some cookbooks of your own. Spend a little time with the girls looking through cookbooks and have them select at least one recipe to copy onto a card and put into their recipe file.

The joy you share baking with the girls and beginning a recipe file will be passed on to future generations!



Cosmic Banana Muffins



Ingredients:

2 Cups Original Bisquick® baking mix
1/3 Cup sugar
1 ¼ Cups mashed very ripe bananas (2 – 3 medium)
1 egg
3 Tablespoons vegetable oil
1/3 Cup semisweet mini-chocolate chips

Method:

Yield: 12 muffins

1. Preheat the oven to 400 degrees. Place a paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
2. Measure the **Bisquick® baking mix** into a mixing bowl. Add the **sugar** and stir.
3. Mash the **bananas** with a fork.
4. Beat the **egg** slightly in a medium bowl. Add the **bananas** and **oil**.
5. Stir the **banana mixture** into the **dry ingredients** only until moistened. Do not over mix!
6. Fold in the **miniature chocolate chips**.
7. Divide batter evenly among muffin cups. Bake about 15 minutes or until golden brown.

Variations: Instead of chocolate chips, try stirring your favorite treats into the batter, such as 1/3 Cup toffee chips, candy-coated chocolate candies, peanuts, banana chips or raisins.

High Altitude Directions (3500-6500 ft.): Heat oven to 425 degrees. Use 14 medium muffin cups. Decrease sugar to 1/4 Cup.

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