



**Focus:** *Strength*

**Project:** *Culinary Arts – Quick Breads  
Muffins and Sweet Breads*

**Define Objective:** Learn how to make muffins and sweet breads. Complete the following activities:

- \_\_\_\_\_ Prepare muffins for family or friends on three separate occasions. Use at least 2 different recipes.
- \_\_\_\_\_ Prepare your favorite Sweet Bread twice for your family or friends.

**Discovery:**

The following tips will help you achieve a high quality product:

- Preheat the oven so it is the right temperature before baking
- Measure all ingredients accurately.
- Put all the dry ingredients in one bowl and mix them well.
- Place all liquid ingredients in a separate bowl or blender and mix them well.
- Make a well with the dry ingredients before adding the wet ingredients.
- Mix dry and liquid ingredients together just enough to moisten but do not overmix.
- Clean dishes and work area when you are finished.
- Muffins: Prepare the muffin tins properly by greasing the bottoms and lining with paper.
- Blueberry Muffins: Gently mix 2 TB flour with blueberries before adding them to muffin batter to prevent purple muffins.
- Muffins: Fill the empty muffin cups with water so the pan will heat evenly.
- Muffins: Remove the muffins from the pan immediately and cool on a wire rack.
- Sweet Breads: Prepare the loaf pan properly by greasing the bottom.
- Sweet Breads: Remove the loaf from the pan immediately and cool on a wire rack.

**Practice and Evaluate:** Record what you learned. What do you want to remember for your next attempt?

## Skill Practice:

Food Item	To Whom Served	Hours Spent	# Served	Cost

**Share what you have learned with others:** Decide how you will share your new skills and insights with others. Some things to consider are: provide a demonstration or presentation on making sweet breads or enter your home-baked muffins or sweet bread into the county fair.

The following criteria are used for evaluating muffins and sweet breads:

- Don't bake your quick bread product on the day of judging. Bread is best if baked the day before.
- Paper cups are not recommended for muffins. Seeing the crust is part of judging.
- To make more even muffins use a small measuring cup and measure batter.
- If you over-grease your pan, it causes darker sides. Wipe off the excess grease with a paper towel. Grease bottoms only.
- Quick breads usually have a crack, preferably in the center. Placing the pan in the middle of the oven helps the crack to form. Some quick breads, especially those with a runny batter, do not crack.
- Test for doneness in the crack. This is the area that gets soggy if the bread is under baked.
- Cool completely before wrapping and storing.
- If bread has been frozen, allow time for it to thaw.
- Place on sturdy cardboard which has been covered with waxed paper, plastic wrap or foil.
- Muffins should be light and tender with rounded, pebbly (or bumpy) tops. The crusts are golden brown. If you open the muffin, it has fine, even holes.