

recipes...

The following recipes developed by the Home Economics research department will give tender, fine-textured muffins having a "knobby" crust appearance with most brands of cake and pastry flours.

Plain Muffins

- 2 $\frac{1}{4}$ cups pastry or cake flour
- 2 tablespoons sugar
- $\frac{3}{4}$ teaspoon salt
- 4 teaspoons baking powder
(double action)
- $\frac{1}{4}$ cup vegetable shortening
- $\frac{3}{4}$ cup milk
- 1 egg

Sweet Muffins

- 2 $\frac{1}{4}$ cups pastry or cake flour
- $\frac{1}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon salt
- 4 teaspoons baking powder
(double action)
- $\frac{1}{3}$ cup vegetable shortening
- $\frac{1}{2}$ cup plus 2 tablespoons milk
- 1 large egg

Directions

Sift flour before measuring. Pile lightly into measuring cup, remove excess with knife edge. All ingredients should be at room temperature. Then sift measured flour, sugar, salt, and baking powder together. Blend vegetable shortening with flour mixture, using fingers or pastry blender. Beat egg and milk together, then add to dry ingredients. Stir until dry ingredients are dampened. Fifteen mixing strokes should be enough. Batter will appear wet and lumpy. Spoon batter into muffin tins, filling each $\frac{2}{3}$ full. Bake in hot oven (425° F.)

for 15 to 20 minutes. Remove from tins and serve while hot. Makes about 12.

Variations for sweet muffins

Applesauce muffins: Substitute $\frac{3}{4}$ cup sweetened applesauce for milk in recipe. Sprinkle mixture of sugar, cinnamon, and nutmeg on top, then bake.

Peach muffins: Use sliced canned peaches. Use $\frac{1}{3}$ cup peach juice plus $\frac{1}{3}$ cup milk to replace milk in recipe. Arrange two or three peach slices on top, then bake.

soft wheat flour muffins



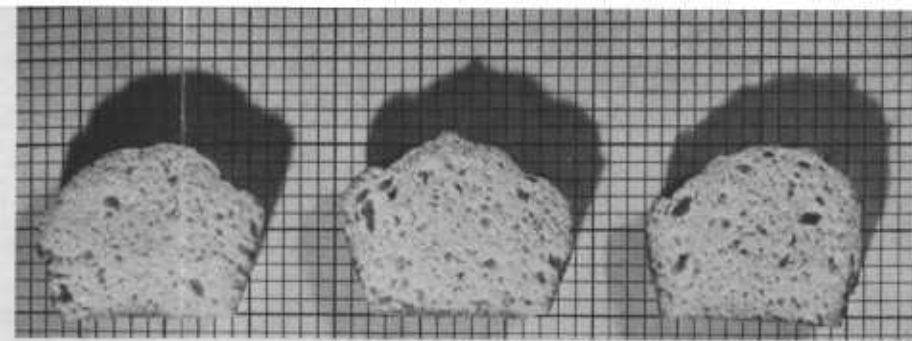
andrea mackey
marianne strauss
joy stockman

circular of information 547
agricultural experiment station
oregon state college
corvallis

OUT OF PRINT

soft wheat flour muffins

texture...



soft
flour

all-purpose
flour

bread
flour

The soft wheat flour of the Northwest is well known for its fine cake-making quality. Tenderness and delicacy of texture are its chief contributions to good baking. A low amount of gluten protein associates these characteristics with soft wheat flour.

The adaptability of soft wheat flour to home-baked products other than cake has been the subject of research by the Home Economics Department of the Agricultural Experiment Station. A comparison of

muffin recipes was made, using three types of flour. A taste-testing panel judged the muffins. They found muffins prepared with soft wheat flour to be better than those made with bread or all-purpose flour. As with cake, the texture was especially pleasing, being tender and fine-celled. "Tunnel" formation, a texture problem frequently encountered in preparation of muffins with high gluten flours was almost nonexistent in muffins made with soft wheat flour.



batter...

Soft flour batter was easy to prepare. A small amount of extra stirring had little effect on muffin quality with this flour. With high gluten flours, extra stirring quickly produced a coarse, heavy texture.

Soft wheat flour is sold as cake flour or cake and pastry flour. Like bread and all-purpose flours, different brands of cake and pastry flour may vary somewhat in their baking performance. Occasionally a brand of flour may be used that will give muffins having a rough crust appearance as shown below.

If, on the other hand, muffins have a very smooth crust appearance, slightly less milk may be used. This flour requires less milk than called for in the recipe. Milk should be reduced by 2 tablespoons.

Most cake and pastry flours tested in the recipes gave a knobby crust appearance like the second muffin shown below. This is the way muffins look when the amount of milk is correct for the flour. This simple recipe change makes good muffins possible with any soft wheat flour.



Flours vary in their baking performance—especially in amount of milk required. Two tablespoons of milk added to batter of muffin at left would give desired crust of center muffin. Reduce milk by 2 tablespoons for batter of muffin at the right.