

BAKERY BASICS REVIEW LAB

APPLE MUFFINS

INGREDIENTS

The original recipe yields 24 muffins.	Convert recipe to make 1 dozen muffins.		Calculate unit price.
2 eggs		\$1.99 per dozen	
1 C milk		\$3.59 per gallon	
1 apple, peeled and chopped		\$ 1.89 per pound (about 4 per pound)	
1/2 C vegetable oil		\$8.99 per gallon	
1 C whole wheat flour		\$1.99 per 5 lb bag (about 18 cups)	
1 C all purpose flour		---	
½ t cinnamon		---	
¾ C brown sugar		\$2.49 per 2 lb bag (about 8 cups)	
2 T baking powder		---	
2 t salt		---	

Total cost per recipe:

Total cost per muffin:

INSTRUCTIONS

1. Preheat oven to 400.
2. Grease or line 12 muffin cups.
3. Beat egg. Stir in milk, apple, and oil.
4. In separate bowl, mix flour, cinnamon, sugar, baking powder, and salt.
5. Add liquid ingredients to dry ingredients, stirring until just combined.
6. Fill muffin cups about $\frac{3}{4}$ full.
7. Bake 20 minutes or until golden brown.

1. Describe the correct way to measure each ingredient.
 - a. Milk
 - b. Whole wheat flour
 - c. Baking powder
2. Define each vocabulary word.
 - a. Pare
 - b. Chop
 - c. Preheat
 - d. Beat
 - e. Stir
3. Describe how to crack an egg to minimize shell shards and prevent cross contamination.
4. List each size found in a standard measuring spoon set. (4)
5. List each size found in a standard dry measuring cup set. (4)
6. Create a lab preparation checklist. (5)
7. Create a clean kitchen checklist. (8)