

Cheese Muffins

To make these savoury muffins easily and quickly, buy pre-grated tasty cheese.

for about 12 muffins:

2 cups (200 g) grated tasty cheese
1½ cups self-raising flour
½ tsp salt
1 Tbsp sugar
pinch of cayenne pepper
1 egg
1 cup milk

Measure the grated cheese, self-raising flour, salt, sugar and cayenne pepper into a large bowl. Mix lightly with your fingertips to combine.

In a small container beat the egg and milk until evenly combined. Pour all the liquid onto the dry ingredients, then fold the two mixtures together, taking care not to overmix.

Spoon mixture carefully off a tablespoon, helping it off with another spoon, into well-sprayed or buttered deep muffin pans. Sprinkle with paprika if desired. Bake at 210°C for about 12 minutes, until muffins spring back when pressed in the middle and are golden brown. Cool before removing from pan.

Corn Muffins

These muffins make a good summer lunch when served with salads. If you like, replace the cornmeal with extra flour.

for 12–15 muffins:

50 g butter, melted
1 egg
½ cup creamed corn
½ cup yoghurt or milk
½ cup grated tasty cheese
¼ cup sugar
¼ tsp salt
½ cup yellow cornmeal (or flour)
1 cup white or wholemeal flour
3 tsp baking powder

Melt the butter in a fairly large mixing bowl. Add the egg and creamed corn and mix with a fork. Add plain yoghurt in preference to milk — it makes muffins more tender.

Add the cheese, sugar and salt and mix again. Stir in the cornmeal, if using it; otherwise sift, or fork lightly together, the flour and baking powder.

Fold the flour mixture into the wet ingredients, taking great care not to overmix.

Spoon into well-sprayed, deep muffin pans, half filling them. Bake at 210°C for 10–15 minutes, until quite crusty and nicely browned. Stand 5 minutes before removing from pans. Serve warm.



Oaty Muffins

Make three dozen large muffins all at once and freeze them, or refrigerate the uncooked mixture for up to two weeks, cooking them as required.

½ cup treacle
2 cups rolled oats
1 cup baking bran
1 cup boiling water
1 cup brown sugar
2 Tbsp wine vinegar
1 tsp salt
2 eggs
2 cups milk
2 cups flour
1 cup oat bran
1½ tsp baking soda

Measure the treacle, rolled oats and baking bran in a large bowl.

Pour over boiling water and mix until treacle and oats are mixed. Leave to cool for 5 minutes, then add the next four ingredients and beat with a fork to combine eggs.

Add milk and then the last three ingredients, previously forked together. Stir only enough to combine. Spoon into well-buttered (or sprayed) muffin tins, filling each one half to three-quarters full. Bake at 220°C for 10 minutes or until firm or microwave half-filled microwave muffin moulds, 2 minutes on High (100%) power for 5 muffins. Always leave to stand for a few minutes before removing muffins from pans.

Honey Bran Muffins

These muffins have a lovely smell as they cook, because of the malty Allbran.

Take care not to add fruit which is too moist since the mixture cannot take too much extra liquid.

These muffins seem to stay moist for about 48 hours, but they are unlikely to last that long!

for 12 large muffins:

½ cup Allbran
¼ cup boiling water
100 g butter
2 Tbsp honey
1 egg
½ cup yoghurt
¾ cup baking bran
¾ cup flour
½ tsp baking soda
2 Tbsp sugar
1 banana, chopped

Pour boiling water over Allbran and leave to cool. In another container heat the butter and honey until the butter just melts and mixes easily with the softened honey. Add the egg and yoghurt and beat lightly with a fork, to combine.

Fold together the dry ingredients, the soaked Allbran, the liquid ingredients and the finely chopped banana. Mix just enough to dampen the flour. Do not beat until smooth.

Spoon the mixture into 12 oiled non-stick muffin pans. Bake at 200°C for 15 minutes, or until lightly browned and firm in the middle when pressed.

Leave to cool for 5 minutes before carefully removing from the pans.



Flour Tortillas



Flour tortillas are quite different from their corn cousins. They are more substantial and remain flexible when cooked. Serve a pile with bowls of refried beans, shredded lettuce, grated cheese and sour cream and let everyone help themselves, or serve them as pre-filled buritos.

for 10–12 flour tortillas:

2½ cups white flour
1 tsp baking powder
1 tsp salt
¼ cup oil
about ¾ cup warm water

Combine the dry ingredients in a bowl. Add the oil and stir briefly through the flour, then gradually add the warm water. Use only enough water to form a kneadable dough.

Turn out onto a lightly floured surface and knead for about 5 minutes. Divide the dough into 10–12 pieces, form these into balls, then cover and leave to stand for 15–30 minutes.

Roll out each ball of dough until it forms a circle about 20 cm across. Stack these, separating each with a sheet of plastic.

Heat a lightly oiled heavy frypan and cook tortillas for 30–60 seconds per side (until they begin to brown and bubble). Stack tortillas together as they cook, and cover with a damp tea towel to keep them soft. Serve immediately, or wrap in foil and reheat when desired.

