

XCentric Ideas

Jam Muffins



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Jam and Cheese muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1 teaspoon vanilla essence

1/2 cup jam (ANY JAM)

6 cubes cheese (Feta / Brie / Camembert / Mozzarella / Cheddar / Blue)

About 1/3 cup grated cheddar/mozzarella/ crumbled feta cheese for the topping

*Go wild –
create your
own combo!*



Preheat oven to 200 °C. (Sunbeam oven temperature at bottom). Mix together the egg, oil, milk, vanilla and jam. Add the flour and stir. Spoon into greased 6 muffin pan. Press a cube of cheese into each hole. Sprinkle with grated Cheddar /Mozzarella or crumbled Feta cheese. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam convection oven – low tray – 220 °C – bake for 25 minutes. Let muffins cool in pan for 10 minutes.

Blue cheese and Onion Marmalade muffins

Makes 6 big muffins

1 cup self-rising flour

80 g blue cheese, crumbled

1/2 cup onion marmalade

1/2 cup milk

1/4 cup vegetable oil



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the onion marmalade, egg, oil and milk. Stir in the flour. Spoon into greased 6 muffin pan. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Chilli Jam with Goat cheese and cheddar muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1/4 cup chilli jam

(or if you're brave, 1/2 cup!!!)

6 slices goat cheese

Grated cheddar cheese for topping



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the chilli jam, egg, oil and milk. Stir in the flour. Spoon into greased 6 muffin pan. Press a slice goat cheese into each mixture, sprinkle with Cheddar cheese and bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Fig Jam and Goat Cheese muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1 teaspoon cayenne pepper (optional)

1/2 cup fig jam

6 slices goat cheese

Grated cheddar cheese for top



Preheat oven to 200 °C. (Check at bottom for Sunbeam Convection oven temp.)

Mix the fig jam, egg, oil, cayenne pepper and milk together. Add the flour and stir. Spoon into greased 6 muffin pan. Press a slice of goat cheese into each mixture, top with grated cheese. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

SUNBEAM CONVECTION OVEN: Bake on low tray at 220 °C for 25 minutes. Let muffins cool in pan for 10 minutes.

Melon Ginger Jam and Cheese muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg, beaten

1/2 cup milk

1/4 cup vegetable oil

1 cup All Gold melon and ginger jam

1 cup grated cheddar cheese



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the melon ginger jam, egg, oil, cheese and milk. Stir in the flour. Spoon into greased 6 muffin pan. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Fig Jam, Blue cheese and cheddar muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1/2 cup ripe fig jam

6 slices blue cheese

Grated cheddar cheese for topping



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the fig jam, egg, oil and milk. Stir in the flour. Spoon into greased 6 muffin pan. Press a slice blue cheese into each mixture, sprinkle with Cheddar cheese and bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Lime Ginger Marmalade and Cheese muffins

- 1 cup self-rising flour
- 1 large egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 teaspoon vanilla essence
- 1/2 cup Ina Lessing Lime &
Ginger Marmalade (*or other marmalade*)
- 6 cubes Cheddar cheese
- Grated Cheddar cheese for the top

Preheat oven to 200 °C. (Sunbeam oven temperature at bottom). Mix the egg, milk, oil, vanilla and marmalade. Add the flour and stir. Spoon into greased 6 muffin pan. Press a cube of cheese into each hole and sprinkle with grated cheese. Bake for 20 minutes (or till test skewer comes out clean.) Let stand in tray for 10 minutes.

Sunbeam convection oven – low tray – 220 °C – bake for 25 minutes. Let stand for 10 minutes in tray.



Tomato Jam with Feta muffins

Makes 6 big muffins

- 1 cup self-rising flour
- 1 large egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/2 cup tomato jam
- 1 teaspoon cayenne pepper
- 1 and 1/2 wheels of Feta, crumbled
- 6 baby tomatoes, kept whole



Preheat oven to 200 °C. (Sunbeam convection temperatures at bottom.) Mix together the egg, milk, oil, jam, cayenne and 1 wheel of feta (crumbled). Add the flour and mix. Spoon into greased muffin pan, press a baby tomato in the center of each and sprinkle with the ½ wheel Feta (crumbled). Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam convection oven – on low tray, at 220 °C – bake for 25 minutes. Let muffins cool in pan for 10 minutes.

Apple and Ginger Jam muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup ginger preserve jam

1 cup tinned/fresh apples, cubed

1/2 cup milk

1/4 cup vegetable oil

1 teaspoon vanilla essence



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the ginger preserve jam, egg, oil, apple cubes, vanilla and milk. Stir in the flour. Spoon into greased 6 muffin pan. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Banana and Gooseberry Jam muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1 banana, crushed with fork

1/2 cup milk

1/4 cup vegetable oil

1/2 cup gooseberry jam

1 teaspoon vanilla essence



Preheat oven to 200 °C. (For Sunbeam convection oven, check below). In a mixing bowl, mix together the egg, jam, milk, oil, banana and vanilla. Stir in the flour. Spoon into greased muffin pan and bake for 20 minutes (or till test skewer comes out clean). Let muffins cool in pan for 10 minutes.

Baking – Sunbeam convection oven on low tray – 220 °C for 25 minutes. Let muffins cool in pan for 10 minutes.

Coconut and Jam muffins

Makes 18 big muffins

2 cups all purpose cake flour
3 slightly heaped teaspoons baking powder
Pinch of salt
1 ½ cup white sugar
2 cups desiccated coconut
18 teaspoons apricot jam
2 x-large eggs
1 ½ cup milk
1/2 cup vegetable oil
Extra coconut to sprinkle on top



Preheat oven to 200 °C. Mix the flour, baking powder, salt, sugar and 2 cups coconut in a big mixing bowl. With a fork, beat the eggs, milk and oil together. Lightly mix the wet ingredients with dry ingredients, don't overmix it.

In greased 18 muffin pan, spoon 1 ½ tablespoon muffin mixture into each hole. Top with 1 teaspoon of jam. Top with rest of muffin mixture. Bake for 20 minutes, or till test skewer comes out clean.

Let it cool in pan for 10 minutes.

Tastes almost like Hertzoggies.

Gooseberry Jam with fresh Gooseberries muffins

1 cup self-rising flour
1 large egg
1/2 cup milk
1/4 cup vegetable oil
1/2 cup gooseberry jam
1 cup fresh gooseberries, whole
1 teaspoon vanilla essence



Preheat oven to 200 °C. (For Sunbeam convection oven, check below). In a mixing bowl, mix together the egg, jam, milk, oil, fresh gooseberries and vanilla. Stir in the flour. Spoon into greased muffin pan and bake for 20 minutes (or till test skewer comes out clean.) Let cool in pan for 10 minutes.

Sunbeam convection oven on low tray – 220 °C – bake for 25 minutes. Let cool in pan for 10 minutes.

Pineapple Jam and Coconut muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1/2 cup pineapple jam

1/2 cup desiccated coconut

Extra coconut for topping

12 small cubes of fresh pineapple



Preheat oven to 200 °C. (Sunbeam oven temperature at bottom). Mix together the egg, oil, milk, coconut and pineapple jam. Add the flour and stir. Spoon into greased 6 muffin pan. Press 2 cubes of fresh pineapple into each mixture. Sprinkle with extra coconut. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam convection oven – low tray – 220 °C – bake for 25 minutes. Let muffins cool in pan for 10 minutes.

Quince Jam muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1/2 cup quince (kweper) jam



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the quince jam, egg, oil and milk. Stir in the flour. Spoon into greased 6 muffin pan. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Stemfruit (stamvrug) jam and Blue cheese muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1 teaspoon vanilla essence

1/2 cup (heaped) Ina Lessing stemfruit jam

6 cubes blue cheese

Grated cheddar cheese for the top



Preheat oven to 200 °C. (Sunbeam temperature at bottom). Mix together the egg, oil, milk, vanilla and stemfruit jam. Add the flour and stir. Spoon into greased 6 muffin pan. Press a cube of blue cheese into each hole. Sprinkle with grated Cheddar cheese. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam convection oven – low tray – 220 °C – bake for 25 minutes. Let muffins cool in pan for 10 minutes.

Strawberry Jam and Strawberry muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup oil

1/2 cup strawberry jam

1 cup frozen, thawed and drained strawberries, chopped (or use fresh ones)

1 teaspoon vanilla essence



Preheat oven to 200 °C. (Sunbeam temperature at bottom). Mix together the egg, oil, milk, vanilla, strawberries and strawberry jam. Add the flour and stir. Spoon into greased 6 muffin pan. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam convection oven – low tray – 220 °C – bake for 25 minutes. Let muffins cool in pan for 10 minutes.

Rose Jelly Jam and Goat Cheese muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup milk

1/4 cup vegetable oil

1/2 cup rose jelly

1 teaspoon cayenne pepper

6 slices goat cheese



Preheat oven to 200 °C. (For Sunbeam convection oven, check below for temperatures.) Mix together the rose jelly, egg, oil, milk and cayenne pepper. Stir in the flour. Spoon into greased 6 muffin pan. Press a slice goat cheese into each mixture and bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam Convection Oven – on low tray – 220 °C – bake for 25 minutes. Let cool in muffin pan for 10 minutes.

Rose Jelly and Turkish Delight muffins

Makes 6 big muffins

1 cup self-rising flour

1 large egg

1/2 cup Lancewood Turkish Delight
yoghurt (*or other yoghurt or milk*)

1/4 cup oil

1 teaspoon vanilla essence

1/2 cup rose jelly

6 cubes Turkish delight covered in chocolate



Preheat oven to 200 °C. (Sunbeam temperature at bottom). Mix together the egg, yoghurt, oil, vanilla and rose jelly. Add the flour and stir. Spoon into greased 6 muffin pan. Press a cube of Turkish delight into each hole. Bake for 20 minutes (or till test skewer comes out clean.) Let muffins cool in pan for 10 minutes.

Sunbeam convection oven – low tray – 220 °C – bake for 25 minutes. Let muffins cool in pan for 10 minutes.