

XCentric Ideas

Muffin Pan Extraordinaire ...

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Recipes from the Internet
All photos my own

Muffin pan ...

I got inspired by a recipe from '4 Ingredients Kids – Kim McCosker' – a meatloaf cupcake.

Immediately, I started to think of different flavours ... but was quite shocked to find loads of similar recipes on the Internet.

While browsing through these recipes, I stumbled upon other ways to use your ordinary muffin pan.

Very inspiring, very creative and so this issue was 'baked' ...

Use these savory cupcakes for a starter, a small main meal or for a party.

Tuna Cupcake



Tuna Cupcake

2 x 170g tins tuna in water

2 tbsp spring onion, sliced

Salt, pepper to taste

½ cup milk

Smooth cottage cheese (flavored or not – mine was herb & garlic)

Capers, drained (optional)

½ cup kernel corn in tin, drained (optional)

1 – 2 tbsp fresh rocket, cut finely

3 extra-large eggs

Preheat oven to 180 oC. Grease 12 jumbo pan (or 12 smaller) muffin pan. Drain the tuna thoroughly using a sieve.

Mix the tuna, kernel corn, fresh rocket, spring onion, salt and pepper in a bowl. Beat the eggs and milk together with a fork or hand whisk and stir into the tuna mixture. Spoon into the muffin pan.

Bake for 22 minutes or till centres are set. Let cool for a bit and remove carefully.

Topping:

Pipe the cottage cheese on top of each cupcake and decorate with capers. *(If you don't have a piping bag – use a plastic sandwich bag, fill with the cottage cheese, cut off a small corner at the bottom of the bag and pipe it on the tuna cupcake.) You can pipe on mash/pumpkin mash instead.*

Perfect as a starter – or serve 2 as a main with vegetables and starches. Lovely idea for a party, although the cottage cheese 'frosting' may melt at room temperature.



Spinach & Feta Cupcake

Spinach & Feta Cupcake

2 cups fresh spinach, chopped
2 extra-large eggs
Pepper, seasonings to taste
Olives, optional

1 cup feta, cubed
¼ cup milk
Smooth cottage cheese

Preheat oven to 180 oC. Grease a 6 jumbo pan (or 12 smaller) muffin pan. Steam the spinach for 2 minutes on stove or in microwave. Mix the spinach and feta in a bowl. Beat the eggs and milk with a fork or hand whisk and add to the spinach mixture. Add the seasonings. Mix very well, so that the feta breaks up into smaller pieces.

Spoon into the muffin pan and bake for 22 – 30 minutes or till center is set. Let cool a bit and remove carefully.

Topping:

Smooth cottage cheese (flavored or not)

You can mix the cottage cheese with one of the options below. Spoon into a piping bag and pipe onto each cupcake. *(If you don't have a piping bag – use a plastic sandwich bag, fill with the cottage cheese, cut off a small corner at the bottom of the bag and pipe it on the cupcake.)*

Olive tapenade (1 tsp)(optional)
Dried tomatoes, cut very small (optional)
Bit of tomato sauce (optional)

You can easily double the ingredients, EXCEPT the eggs and milk, keep those the same quantities.

Curry Chicken Cupcake



Curry Chicken Cupcake

2 cups chicken, cooked, deboned, small cubes
½ cup boiling water
Pepper, salt, peri-peri powder (optional)
¼ cup milk
Dried fruit (optional)

2 tbsp medium/hot curry powder
1 tsp chicken stock granules
2 extra-large eggs
Smooth potato mash

In a small saucepan, mix the chicken, curry, water, chicken stock and seasonings. Stir well and simmer for 10 minutes with a lid on. Take the lid off and simmer till all liquid has evaporated.

Preheat oven to 180 oC. Grease a 6 jumbo (or 12 smaller) muffin pan. Beat the eggs and milk with a fork or hand whisk, mix with the chicken mixture. Spoon the mixture into the muffin pan.

Bake for 22 – 30 minutes or till nicely brown and set in the centre. Let cool a bit and remove carefully.

Topping:

Smooth cooked potato mash (flavored or not)
Dried fruit (apricots, peaches), cut in small pieces

Mix the cooked potato mash and dried fruit, spoon into a piping bag and pipe onto each cupcake. *(If you don't have a piping bag – use a plastic sandwich bag, fill with the cottage cheese, cut off a small corner at the bottom of the bag and pipe it on the cupcake.)*

You can also pipe on cottage cheese, sweet potato mash or any other smooth mixture.



Tomato Mince Cupcake

Tomato Mince Cupcake

500 g ostrich mince (or other mince)
2 tsp hot/sweet paprika powder
2 tsp steak seasonings
1 tbsp tomato puree
2 extra-large eggs
¼ cup milk
1 tbsp ketchup (tomato sauce)
Avocado puree
Boiling water – about 1/8 cup

Heat your pan on the stove on high heat. Dry fry the mince till it starts to stuck to the pan. Splash in the boiling water and stir the whole time, breaking all the mince lumps down. Add the paprika, steak seasoning and tomato puree. Let the mixture simmer without a lid - make sure that all the water is eventually evaporated. Remove from stove and let it cool down a bit.

Preheat your oven to 180 oc. Beat the eggs, milk and ketchup together with a fork or hand whisk. Mix the egg mixture in with the mince mixture. Grease a 6 jumbo (or 12 smaller) muffin pan. Spoon in the mince mixture and bake for 30 minutes, or till centres are set. Remove from the oven, let it cool a bit, remove carefully.

Topping:

Pipe the avocado puree on your cupcake. Drizzle some hot sauce down the side. *(If you don't have a piping bag – use a plastic sandwich bag, fill with the avocado puree, cut off a small corner at the bottom of the bag and pipe it on the cupcake.)*

You can also pipe on potato mash, cottage cheese or any other smooth mixture.

Blueberry Cupcake



Blueberry Cupcake

80 g Instant Pudding (any flavour)

400 ml chilled full cream milk

Decorations

Pour chilled milk into a mixing bowl. Add the contents of the instant pudding sachet to the milk. Using an electric whisk, blend the mix on low speed for 1 minute.

Pour the mixture into a greased 6 jumbo (or 12 smaller) muffin pan. Refrigerate for a few hours. Remove carefully and decorate with fresh fruit or other decorations.

When removing these puddings, wet a butter knife and carefully loosen it from the pan.

Muffin pan storage ...



Tea lights:

Put a tea light into every hole and decorate the muffin pan with fresh herbs or little pebbles.



Condiments:

Perfect for a BBQ or hamburger meal – spoon your different condiments in the muffin pan.



Office stationery:

For small stationery items, eg: paper clips, staples, elastics, etc – no more messy drawers.

Muffin pan (tin) meals ...

Muffin Tin Meals ...

are a simple way to serve food to kids (or even adults). The small size of the muffin cups make great portion sizes for little mouths.

Be creative – serve whatever your kids will normally eat from a plate – in a muffin pan.

For a pretty presentation, use a colourful silicone muffin pan.

Try this with a picky eater ...

Muffin tin meal:

Ideas for proteins: cold chicken, ham, meat balls, fish fingers, chicken nuggets, etc.

Ideas for savory snacks: sandwiches in small bites, crackers, pretzels, chips, nuts, etc.

Ideas for vegetables: cold steamed broccoli/cauliflower florets, mini tomatoes, carrot sticks, cucumber sticks, peas, green beans, etc.

Ideas for fruit: grapes, strawberries, melon, pear, apple, banana, etc.





Muffin tin breakfast:

Fill the muffin pan with cereal, cheerios, pancakes, bread fingers, muffin halves, fresh fruit, milk, juice, yoghurt, boiled egg, etc.

Muffin tin eggs



Muffin tin eggs

Nonstick Spray

Eggs, one for each muffin cup (it can be 6 or 12, depending on your oven size)

Salt and pepper, to taste

Preheat oven to 180 oC. Spray a muffin tin well with non-stick spray.

Crack an egg into each muffin cup, sprinkle with salt and pepper to taste.

Cover with foil and bake for approx 10-15 minutes. (Mine at 15 minutes was quite hard, so you can rather start at 10 minutes and work from there.) If the eggs are just a teeny bit wiggly, remove the pan from the oven, and let sit still covered with foil to finishing cooking.

Once the eggs have cooled a little, but still warm, run a small knife around the edge of each egg and pop out of the hole. (Don't let them cool all the way or you'll have to chisel them out!)

This is a great way to make eggs for a few people – or even to make them ahead of time. Keep them in a plastic covered container in fridge.



Mini Mexican Pizza

Mini Mexican Pizza

Large tortillas (or also called a wrap)
Spicy mince mixture, cooked
Hot sauce
Grated cheddar cheese

Preheat oven to 220 oC. Use an empty glass or cup to 'cut' circles out of each tortilla. If your tortilla is thick, make an indent with the glass/cup and cut the circles out with scissors.

Press each circle into a greased muffin tin hole. It doesn't have to cover the whole side of the hole, it should just fit snugly.

Spoon some mince mixture into each tortilla circle, top with some hot sauce and sprinkle with the cheese. Bake for 13 minutes, or till cheese is melted. Let cool and remove. Serve with sour cream, chopped tomatoes, lettuce, guacamole, tomato salsa. It is a perfect snack or light meal/starter!!

Variations:

Fill the tortilla circles with just about any mixture you like:

Tuna mayonnaise, chicken mayonnaise, chopped ham & bacon, creamed spinach, spinach & feta, etc.



Mini bread cup

Mini bread cup

Thin white/brown slices bread
Non-stick spray

Preheat oven to 190 oC.

With an empty glass/cup, cut a circle out of each slice bread. Into a greased muffin pan, press each circle into a hole to fit snugly. Spray the bread circle.

Bake for 12 – 15 minutes, until lightly browned and crisp, watching closely so as not to burn. Remove from oven and let it cool.

Spoon any filling into the bread cups and serve.

Variations:

Tuna mayonnaise, chicken mayonnaise, chopped ham mixed with cottage cheese, creamed spinach, spinach & feta, salad, etc.