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Ideas : Internet
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Why muffins?

I absolutely adore trying out new flavors, new combinations ... converting a cake recipe to muffins.

Muffins are easier to hand out to friends ... and easy to freeze.

And muffins don't have to be iced / frosted ... they are yummy on their own.

XCentric Ideas



Muffins

Happiness
is... **freshly
baked
muffins.**

Recipes in this issue:

- *Fish paste muffins*
- *Cheese spread muffins*
- *Sandwich spread muffins*
- *Cream corn muffins*
- *Cheese buttermilk muffins*
- *Kiwi Coconut muffins*
- *Mango coconut muffins*
- *Brownie muffins*



Muf-with-fin Anchovy / Fish Paste Muffins

1 cup all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
2 tablespoons white sugar
1 large egg, beaten
¾ cup milk
¼ cup vegetable oil
½ cup Anchovy / Fish paste
2 teaspoons fine black pepper
Some paprika (optional)
4 short celery stalks, sliced thinly (optional)

Preheat oven to 190 °C. In a large bowl, stir together the flour, baking powder, black pepper, paprika, celery slices, salt and sugar. In another bowl beat egg, Anchovy/Fish paste, milk and oil together. Lightly mix the egg mixture with the flour mixture.

Spoon the mixture into greased / lined 12 giant size muffin pan (or 16 normal size muffin pan) and bake for 15 minutes or until golden and test pen comes out clean.

Recipe: ALMA PRETORIUS

Using Anchovy / Fish paste ..

Either you LOVE it or you HATE it.

- Spread it on toast (*or if you're weird like myself, you'll add honey / syrup / jam on top of the Anchovy / fish paste.*)
- Use it in salad dressing for Caesar salad.
- Add a little bit to any tomato pasta sauce.
- Mix a little bit into your potato salad.
- Put a blob on top of your grilled steak.
- When making fish cakes, add a little bit of Anchovy / Fish paste.

Notes:

***Why on earth
would you make
muffins with
anchovy / fish
paste ... you ask!***

I bought a jar of Peck's Anchovette spread but don't use it every day on toast. So I started to think of ways to finish the opened jar ...



These muffins are PERFECT with a glass of wine ... as a STARTER with a small salad ... or for your lunchbox (if you dare).

cheese spread & bacon muffins



Recipe: ALMA PRETORIUS

After making the Anchovy / Fish paste muffins, I started to think of other flavour combinations ...

Cheese spread seemed like a really good idea. It's also one of those fridge items that you use a few times ... and after a few weeks its thrown away. **Muffins** is a perfect way to use this spread. You can obviously leave the bacon ... muffins will still be yummy and cheesy.

Cheese spread & bacon muffins

1 cup all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
1 large egg, beaten
¾ cup milk
¼ cup vegetable oil
1 teaspoon fine black pepper
½ packet cooked bacon bits (optional)
1 teaspoon paprika (optional)
1 teaspoon white/brown sugar
½ cup Melrose (ANY OTHER) cheese spread (from a 250 g jar)

Preheat oven to 190 °C. In a large bowl, stir together the flour, baking powder, black pepper, paprika, bacon and sugar. In another bowl beat egg, cheese spread, milk and oil together. Lightly mix the egg mixture with the flour mixture.

Spoon the mixture into greased / lined 12 muffin pan (or 16 normal size muffin pan) and bake for 15 minutes or until golden and test pen comes out clean.

Slice in half and spread with rest of Melrose cheese spread.

Sandwich spread muffins

1 cup all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
2 tablespoons white sugar
1 large egg, beaten
¾ cup milk
¼ cup vegetable oil
½ cup sandwich spread
1 tsp fine black pepper
Some paprika
12 cubes of cheese (can be Gouda, Cheddar or Feta)



Preheat oven to 190 °C. In a large bowl, stir together the flour, baking powder, black pepper, paprika, salt and sugar. In another bowl beat egg, sandwich spread, milk and oil together. Lightly mix the egg mixture with the flour mixture. Spoon the mixture into greased / lined 12 muffin pan, (or 16 normal size muffin pan) press a cube of cheese in each 'muffin' and bake for 15 minutes or until golden and test pen comes out clean.

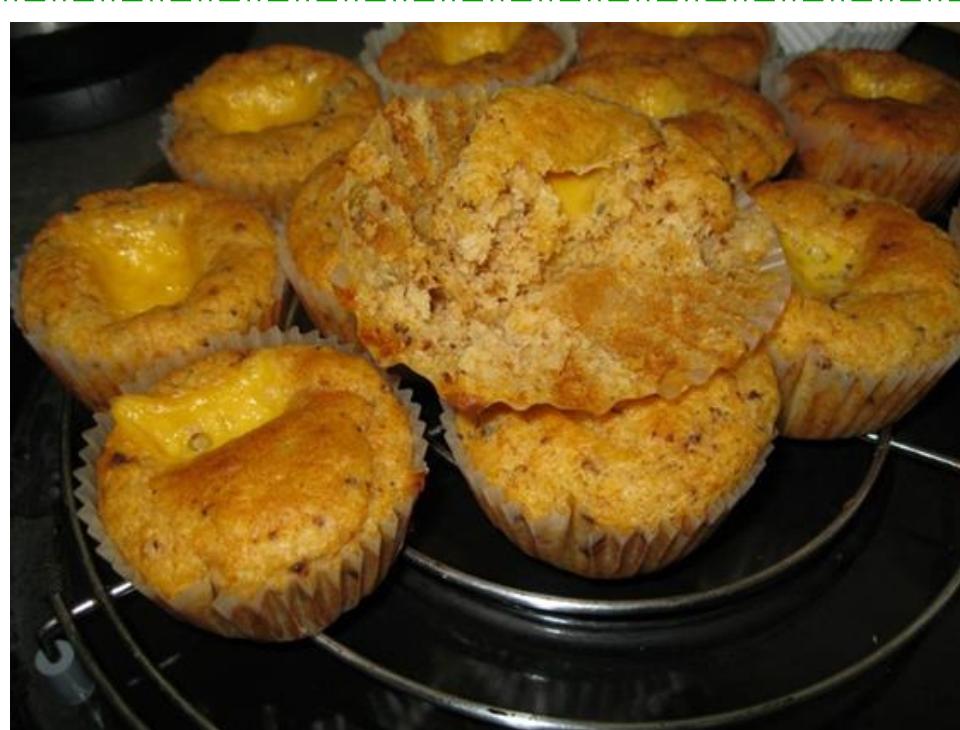
Recipe: ALMA PRETORIUS

Once again ... after making the Fish paste muffins ... and the Cheese spread muffins ...

I thought ... what else can I use ...

Sandwich spread is sooo good in these muffins!!! And it's also (for me anyway) a jar that you buy ... use a few times on a sandwich ... and kinda forget about it.

**Instead of using sandwich spread try ..
Ham cream cheese ... Salmon cream
cheese ... or maybe ½ cup basil pesto ...
and cubes of feta cheese??? Options are
endless.**



Corn and cheese

Sweetcorn muffins

1 cup all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
1 egg, beaten
¾ cup milk
¼ cup vegetable oil
1 cup tinned sweetcorn
½ green/red/yellow bell pepper, small cubes
2 teaspoons fine black pepper
2 teaspoons dried mixed herbs



Preheat oven to 190 °C. In a large bowl, stir together the flour, baking powder, black pepper, mixed herbs, salt and bell pepper cubes. In another bowl beat egg, sweetcorn, milk and oil together. Lightly mix the egg mixture with the flour mixture.

Spoon the mixture into greased / lined 12 muffin pan (or 16 normal size muffin pan) and bake for 15 minutes or until golden and test pen comes out clean.

Recipe: ALMA PRETORIUS



Cheese buttermilk muffins

250 ml sunflower oil
2 large eggs
250 ml buttermilk
2 tablespoons Caribbean jerk spices (or other spices)
1 teaspoon salt
280 g self-raising flour
1 teaspoon fine black pepper
80 g Cheddar cheese, cubed
40 Feta cheese crumbled
Handful fresh basil leaves, chopped finely

Heat the oven to 180 °C. In a big bowl, mix the flour, cheeses and basil. In another bowl beat the oil, eggs, buttermilk and spices together. Add the wet ingredients to the flour mixture - do not overmix. Spoon into well greased /lined 12 muffin tray and bake for 20 minutes or until golden brown and test pen comes out clean.

Recipe: adapted by ALMA PRETORIUS from
<https://taste.co.za/recipes/cheese-muffins>



Kiwi Coconut muffins

1 cup coconut
1 cup white sugar
1 cup self raising flour
1 cup milk
4 fresh kiwifruit, peeled and diced
3 teaspoons lime curd (OR lemon curd OR lime/lemon peel, grated)
Extra sugar for topping

Heat oven to 180 °C. Prepare a 12 giant size muffin pan (or 16 normal size muffin pan) greased /lined. In bowl, combine coconut, sugar and flour. Add the chopped kiwifruit and mix to coat the fruit. Add milk and mix well. Add the lime curd and mix.

Spoon into 12 giant size muffin pan (or 16 normal size muffin pan) until 3/4 full. Sprinkle sugar on each muffin. Bake for about 25 mins or until golden brown and test pen comes out clean. Allow to cool in tin before removing.

Makes 12 giant size muffin cakes. *It does stick to the wrappers even though you spray it.*



Seriously
yummy!

Dried Mango Coconut muffins

1/2 cup coconut
1/2 cup brown sugar
1/2 cup self raising flour
1/2 cup milk
150 g dried mango, cut small
1 teaspoon ground ginger (optional)

Heat oven to 180 °C. Prepare a 12 giant size muffin pan (or 16 normal size muffin pan) greased /lined. In bowl, combine coconut, sugar and flour. Add the dried mango pieces and mix to coat the fruit. Add milk and mix well.

Spoon into 6 giant size muffin pan (or 12 normal size muffin pan) until 3/4 full. Sprinkle sugar on each muffin. Bake for about 25 mins or until golden brown and test pen comes out clean. Allow to cool in tin before removing.

Makes 6 giant size muffin cakes. *It does stick to the wrappers even though you spray it.*



Adapted by alma Pretorius from
<https://www.domesblissity.com/2013/03/kiwifruit-coconut-lime-cakes.html>

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Repeat after me ...

Brownie – Brownie –
Brownie!

Brownie muffins

Divine

113 g rum & raisin Cadbury chocolate, coarsely chopped (**or any other bitter / semi-sweet chocolate!**)

113 g unsalted butter, cut into small pieces

55 g all-purpose flour

35 g unsweetened cocoa powder (Dutch-processed)

1/8 teaspoon salt

2 large eggs

150 g granulated sugar

Off the charts
yummy!

Preheat oven to 180C. Line 12 giant size muffin pan (or 16 normal muffin pan) with liners. Set aside.

To make the brownies:

In a medium heatproof bowl, place chocolate and butter. Heat mixture in the microwave in 20-second intervals, stirring between each interval, until melted. Alternatively, you can set the bowl over a saucepan of simmering water, stirring occasionally. Set aside.

In a small bowl sift flour, cocoa, and salt. Set aside.

Using a mixer fitted with the whisk attachment, whisk eggs and sugar on high speed until thick and pale, about 4 minutes. Reduce speed to low and slowly add in chocolate mixture. Stop the mixer. Add flour mixture and fold, using a rubber spatula, just until combined. Do not overmix.

Divide batter between liners, filling them about 3/4 full. Bake for 13-16 minutes or until a toothpick inserted into the center of the muffins comes out with moist crumbs and not dry. Be careful not to overbake as this will make the brownies dry.

Transfer to a wire rack and let cool for 10 minutes before removing from pan. Allow muffins to cool completely on a wire rack.

Store muffins in an airtight container at room temperature or in the refrigerator for up to 2 days. Allow to reach room temperature before serving.

