

Mrs. Miguel  
Foods 8  
LG#2: Biscuit & Muffin Method  
www.thssfoods.yolasite.com

Website:

vmiguel@sd42.ca

**Learning Guide #2:**  
**Basic Baking**

**Name:**  
**Course:**  
**TA #**

**Important information:**

\*Keep the learning guide packages stapled together and hand the entire package in once completed on or before the due date provided: \_\_\_\_\_.

\*\*If you have any concerns about completing the work, please discuss with the teacher **before** the learning guide due date.

\*\*\*If you miss a Demo/Lab you are still responsible for completing the lab. Arrange an alternative day with the teacher immediately after the missed day.

**Check off** the following assignments as they are read/completed:

**Basic Baking LG#2 Package**

- Questions or concerns on LG 2
- Demo: Muffins
- Lab: Muffins
  - ★ Bring a container
- Lab: Design Challenge-Muffins
  - ★ Bring a container
- Muffins Design Challenge Sheets
  - Submit one per group
- Demo: Scones
- Lab: Scones
  - ★ Bring a container
- Lab: Design Challenge-Scones
  - ★ Bring a container
- Scones Design Challenge sheets
  - Submit one per group
- Meet with teacher to **discuss** learning + photos

In the space below, write any questions, concerns or provide feedback/suggestions on anything regarding Learning Guide #2:

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### **Muffin Method**

#### **Purpose:**

- method used when a recipe doesn't contain a lot of fat
- used when the fat is in liquid form
- when sugar content is low
- when the amount of liquid is high
- other recipes that use this method: quickbreads, pancakes, waffles

#### **Tips:**

- is different than the creaming method for cakes and cupcakes
- ensure your fat is liquid
- all liquid ingredients should be at room temperature so it doesn't harden the fat
- when folding liquid ingredients in to dry, fold gently-the less agitation, the better
- batter should look somewhat lumpy
- bake at a high temperature so they will have a peak, low temp = domed
- use a toothpick in centre of muffin to test doneness
- to check: cut muffin in half to look at crumb: should be coarse but moist, uniform.  
tunnels=overmixed

#### **Method:**

- 1. Mix Dry ingredients with whisk in one bowl**
- 2. Mix liquid ingredients in a separate bowl**
- 3. Add the liquid ingredients on to the dry ingredients**
- 4. Fold-in ingredients a few times in the bowl, gently**
- 5. Bake**

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### **Chocolate Chip Muffins**

#### **Ingredients:**

250ml Flour  
10ml Baking Powder  
1ml Salt  
15ml Sugar  
30ml Vegetable oil  
125ml Milk, room temperature  
1 Egg, room temperature  
65ml Chocolate Chips



#### **Preparation Method:**

1. Preheat oven to 400 degrees F (200 degrees C).
2. Line 6 muffin cups.
3. In a medium bowl, mix together the flour, baking powder, sugar, chocolate chips and salt.
4. In a separate bowl combine milk, oil and eggs together.
5. Add the liquid ingredients into the dry ingredients all at once
6. Fold ingredients just until dry ingredients are moistened. It will look lumpy
7. Fill muffin liners 2/3 full with batter.
8. Bake in preheated oven for 13 to 18 minutes, until a toothpick inserted into the center of a muffin comes out clean.

### **Biscuit Method**

#### **Purpose:**

- method used for mixing in most biscuit and scone recipes.
- butter or other fat is cut into the flour mixture. Then the liquids are added. In the heat of the oven, the butter melts, the water in the butter creates steam, and the product rises into flaky layers.
- to reduce gluten development which keeps the biscuits light and tender while also working to create layers in the dough to create flakiness.

#### **Tips:**

- cut the cold butter in thoroughly—the mixture should look granular with no large particles—and use very cold butter
- butter should not melt before the dough reaches the oven.
- use a fork to stir mixture
- sometimes called the pastry method because it incorporates the same technique as for mixing pie dough

#### **Method:**

- 1. Mix Dry ingredients with whisk**
- 2. Cut in cold fat with pastry blender, two knives or grated**
- 3. Combine cold liquid ingredients in separate bowl**
- 4. Add liquid ingredients to dry ingredients**
- 5. Stir mixture with fork**
- 6. Fold gently 5-6 times on floured surface**
- 7. Shape, cut, bake**

## Scones

### Ingredients:

250ml AP Flour  
50ml White Sugar  
7ml Baking Powder  
1ml salt  
50ml Chilled Unsalted Butter  
½ (15ml) Egg, Cold  
60ml Cream  
125ml Mixed Frozen Berries  
15ml Cream for Brushing Tops



### Preparation Method:

1. Preheat oven to 425F
2. In a medium bowl whisk together dry ingredients: flour, sugar, baking powder, salt
3. Cut butter into small chunks and cut into the dough using pastry blender or other preferred method indicated until mix is the texture of coarse meal (small peas sized butter bits)
4. Toss in mixed berries (gently)
5. In a small bowl, whisk together the ½ egg and cream
6. Pour the ***LIQUID ingredients*** into the ***DRY*** ingredients
7. Mix with a fork just until all dry ingredients are absorbed (dough will look crumbly)
8. Turn dough onto lightly floured countertop (about 25ml)
9. With hands dusted in flour, gently pat down the dough until it is about 1 inch thick
10. Fold dough in half, turn 90 degrees, pat out and fold again about 5 more times
11. Pat dough out into a circle about 1 inch thick and cut an "X" then cut each triangle in half to make 1/8ths
12. Transfer each scones to parchment-lined baking sheet
13. Lightly brush each with the cream
14. Bake for 13-16 minutes until golden brown

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Recipe adapted from: <https://bakerbettie.com/make-scones-basic-scone-recipe/>

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### **Reflection Guide for Meeting**

**Use the following to guide you in your reflection & provide specific examples from class. Describe the biscuit method and the muffin method. Describe your strengths and areas for improvement.**

#### **Cleanliness**

- ❖ I am respectful of the kitchen environment and keep my area clean and tidy
- ❖ I properly wash and dry my dishes
- ❖ I put away dishes and ingredients in the correct place
- ❖ I follow safety and sanitation best practices

#### **Communication**

- ❖ I can connect and engage with others
- ❖ I ask and respond to questions
- ❖ I am an active listener; I support and encourage my partners
- ❖ I recognize that there are different points of view and I can disagree respectfully

#### **Community**

- ❖ I can work with others to achieve a common goal
- ❖ I do my share
- ❖ I can take on roles and responsibilities in a group
- ❖ I encourage and promote positivity within my group
- ❖ I offer to help the teacher without being asked

#### **Critical Thinking**

- ❖ I give, receive and act on feedback
- ❖ I can reflect on and express my strengths, obstacles and areas for improvement
- ❖ I can determine how my learning connects to my experiences and efforts

#### **Creativity/Challenge**

- ❖ I generate new ideas and build on other people's ideas
- ❖ I can innovate within given variables to pursue my interests
- ❖ I can develop creativity over time in an area I am interested in or passionate about
- ❖ I can challenge myself and maintain a growth mindset in order to try new techniques and build on skills

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