MUFFINS AND QUICKBREADS

Muffins and quick breads are more closely related to cakes than breads, since they are chemically leavened and share the same mixing methods as cakes. The only difference is that they are less “cakey” than cakes, although these days’ bakeries often sell little cakes with the name of muffins. If it is too rich to tolerate a pat of butter, it’s not a muffin.

Muffins are less rich than cakes, a bit less tender, less sweet, and have a more open crumb texture. A good muffin is ephemeral; the combination of their small size and large surface area with a modest amount of fat means they do not keep well. Quick breads, on the other hand, retain moisture better. Fruit-based breads, like banana, pumpkin,and apple, are very moist and actually improve in flavor after the first day. Most formulas for quick breads and muffins are interchangeable. Like other American-style cakes, the mixing methods for muffins and quickbreads vary.

***Biscuits and cookies***

The potential to form foams in biscuits and cookies is restricted by the limited formation of a gluten structure. In addition, the low water levels used in the dough preparation limit the potential for air dispersion into the fat and its subsequent dispersion into an aqueous phase, as would be seen with cake batters.

However, the incorporation of air does occur in the preparation of biscuit and cookie dough because without it the product would lack the ability to increase in size during baking.

**Faults in cookies:**

***External Appearance***

**B. Crust too light−− −− Causes**.

1. Oven temperature too low.
2. Excessive liquid in the batter.
3. Poor mixing procedures.

**C. Spreading too much −−− Causes**.

1. Excessive baking soda.
2. Oven too cool.
3. Excessive shortening.
4. Excessive creaming of the mix.
5. Excessive liquid in the batter.

***Internal Appearance***

**A. Dry and Crumbly −−− Causes**:

1. Excessive baking time.
2. Improper mixing.
3. Excessive flour.
4. Oven temperature too high.
5. Insufficient sugar (syrup) in the batter.

**B. Soft and sticky −−−− Causes: C. Bad flavor −−− Causes:**

1. Insufficient baking time. 1. Too much flavor.
2. Improper mixing. 2. Excessive baking soda
3. Insufficient flour.
4. Excessive sugar (syrup) in the batter.
5. Oven temperature too low.

***Muffin formula***

Flour 250 gram

Brown Sugar 50 gram

Sugar 125 gram

Salt 2 gram

Baking powder 10 gram

Butter 125 gram

Milk 175 ml

Vanilla 4.5 gram

Egg 115 gram

Preheat oven to 200 C degrees. Bake in muffin tins for 20 to 25 minutes.

