



Home on the Range



Muffins For Every Taste

Muffins can be as dressed up or as plain as the multi-varied tastes of thousands of consumers. Some muffins are as sweet and rich as cupcakes while others are plain, heavy and similar to bran breads.

Muffins have enjoyed the popularity of being considered a healthful food. But some of those touted as a healthy choices are far from healthful if you are watching fat and sugar. Many bran muffins sold in supermarkets and restaurants have as many as 19 grams of fat. Of course, if only flavor and not fat and sugar is of any concern to you, you may indulge in those muffins calorie-laden muffins and be perfectly content.

Making your own muffins offers more control over what goes into them. If you are reducing fat and sugar in your diet, experiment with modifying recipes. Replace oil and shortening with an equal measurement of mashed banana, applesauce, yogurt or pureed pumpkin. This change usually results in moist muffins, but they may be more difficult to remove from muffin tins. Make sure you spray the tins with vegetable spray before filling with batter.

Sugar, too, may often be reduced with no ill effects. Substitute two egg whites for every whole egg listed in a recipe.

Modifying a recipe may require several trial and error batches to come up with the right proportions for your qualifications.

Muffins are great for snacks, breakfast on the run, as a bread to complement a meal or as an after-dinner dessert. The following recipes have been tested by our readers and received an excellent rating.

BRAN MUFFINS

1½ cups whole wheat flour
3 teaspoons baking powder
Little or no salt
¼ cup sugar
1½ cups milk
1 egg
½ cup vegetable oil
1 cup wheat bran
¼ cup molasses
¾ cup shredded carrots (prevents dryness and crumbling)
½ cup raisins

Mix altogether. Fill muffin pans half to three-fourths full. Bake at 350 degrees for 15 to 20 minutes.

Fern Schlegel
Dalmatia

PEACH MUFFINS

4 cups all-purpose flour
1 cup sugar
8 teaspoons baking powder
1½ teaspoons salt
2 eggs
2 cups milk
½ cup vegetable oil
2 cups fresh peaches, chopped
Sugar

Sift together flour, sugar, baking powder and salt. In a separate bowl, combine eggs, milk, and oil. Add the dry ingredients and mix until moistened. Add peaches. Pour into well greased muffin cups and sprinkle with sugar. Bake in 400 degree oven for 20 to 25 minutes. Makes 2 dozen medium muffins and 12 Texas muffins.

Note: You may substitute apples or cranberries in place of peaches. With the apple muffins, sprinkle with a mixture of cinnamon and sugar. With the cranberries, add 1 teaspoon orange zest in the batter and sprinkle with sugar.

These are very good and easy to make.

Mrs. Anthony Hathaway
Pittsdown

GOOD MORNING MUFFINS

1½ cups all-purpose flour
1 cup oats, quick or old-fashioned, uncooked
½ cup firmly packed brown sugar

1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
½ cup raisins
7-ounce can crushed pineapple in juice, undrained
½ cup shredded carrots
½ cup milk
½ cup vegetable oil
1 egg, slightly beaten

Preheat oven to 400 degrees. Line 12 muffin cups with paper baking cups or lightly grease bottoms only. Combine dry ingredients including raisins. Add combined pineapple including juice, carrots, milk, oil, and egg; mix until just moistened. Fill muffin cups almost full. Bake 20 to 22 minutes or until golden brown. Let muffins stand a few minutes; remove from pan. Cool on wire rack.

Optional glaze:
½ cup confectioners' sugar
3 to 4 teaspoons milk
Combine sugar and milk; drizzle over muffins.

Mrs. Anthony Hathaway
Pittstown



Muffins are great for breakfast on the run, with a meal, a snack or dessert. Almost any flavor and taste imaginable is possible if you are a creative cook.

SWEET CORN MUFFINS

¼ cup yellow cornmeal
1 cup flour
3 tablespoons brown sugar
1 tablespoon baking powder
1 egg, slightly beaten
1 cup sour cream
½ cup milk
2 tablespoons melted butter
¼ cup finely chopped green onion (optional)

Preheat oven to 400 degrees. Grease muffin cups. Combine dry ingredients. Add eggs, sour cream, milk, butter and onions. Mix until blended. Fill muffin cups three-fourth full. Bake 20 minutes or until golden brown.

Patty Ashton
Schellsburg

CRANBERRY MUFFINS

¼ cup coarsely chopped cranberries
1 tablespoon grated orange rind
½ cup confectioners' sugar
2 cups flour
¼ cup sugar
1 tablespoon baking powder
½ teaspoon salt
1 egg, slightly beaten
½ cup milk
½ cup melted butter

Preheat oven to 400 degrees. Grease muffin cups or use paper baking cups. Mix cranberries with orange rind and sugar. Set aside. Combine flour, sugar, baking powder, and salt. Mix milk, butter, and egg. Add to dry ingredients. Stir until well blended.

Fold in cranberries and fill muffin cups three-fourth full. Bake about 20 minutes. Cool.

Patty Ashton
Schellsburg

MAPLE BRAN MUFFINS

¾ cup natural wheat bran
½ cup milk
½ cup maple syrup
1 egg, slightly beaten
¼ cup vegetable oil
1½ cups whole wheat flour
3 teaspoons baking powder
½ teaspoon salt
½ cup chopped walnuts

Glaze:

1 tablespoon butter
½ cup confectioners' sugar
1 tablespoon maple syrup

Combine bran, milk, and maple syrup. Mix in egg and oil. Combine remaining muffin ingredients. Add bran mixture, stirring until just moistened. Divide batter into 12 greased muffin tins. Bake at 400 degrees for 18 to 20 minutes.

Glaze: Combine ingredients, stirring to blend, and spread over warm muffins.

R. Leinbach
Leola

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

March 18- Barley & Other Grains
25- Lentils, Dried Beans
April 1- Recipes Using Nuts
8- Easter Candy

Featured Recipe

Contrary to popular belief, pasta is not fattening. One cup of spaghetti contains about 200 calories. It is the rich sauces that make it high in calories and fat. A tomato-based sauce is less fattening than a cream or cheese sauce.

There are more than 600 different shapes of pasta. Many types of pasta are interchangeable but some are more suited to particular sauces than others.

For example, delicate noodles are compatible with cream sauces, but spaghetti is usually enhanced by heavier sauces. Several preparations are made with very large pastas such as manicotti and giant shells, but they are not as good with seafood as smaller types. Here is an elegant recipe combining seafood and pasta.

PASTA WITH SEAFOOD SAUCE

8 ounces pasta (spaghetti, linguine, or angel hair)
1 pound assorted seafood

Tomato mixture:

1 pound tomatoes, chopped
3 cloves garlic, minced
2 tablespoons olive oil
1 cup basil leaves, finely chopped
½ teaspoon salt and pepper to taste

Assorted may include shrimp, crab meat, scallops, clams, mussels, lobster, flaked fish and calamari. (If seafood is raw, cook with tomato mixture. If seafood is cooked, add it to mixture at last minute to heat).

Boil pasta in large quantity of water until al dente. Drain well. Saute tomato mixture. Add seafood, then quickly toss with pasta. Serves 6.