**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE: Chocolate Chip Muffins**

Yield: 6 muffins Oven Temp: 375°F

**Baking Time:** 18 minutes

**INGREDIENTS:**

125mL Milk

45mL Melted margarine

½ Egg

175mL Flour

50mL Sugar

10mL Baking Powder

1mL Salt

80mL Chocolate Chips

**INSTRUCTIONS:**

1. Preheat oven to 375°F.
2. Line muffin tin with muffin cups.
3. In a medium mixing bowl, sift flour, sugar, baking powder and salt.
4. Stir in chocolate chips and make a well in the middle of the dry ingredients.
5. Split egg into 2 equal custard cups and share with other pair in unit.
6. In another medium mixing bowl, combine oil, ½ egg and milk. Mix well.
7. Pour liquid mixture into well and stir with a fork (approximately 8 times) until all the dry ingredients are just moistened. Batter should be **lumpy**. **Do not over mix!**
8. Using a metal spoon, fill muffin liners ¾ full.

**\*REMINDERS:** Muffin tins should be placed side by side in the middle of the oven with a gap between the pans. Leave clean muffin tin on counter beside laundry in your unit at end of lab.

1. Bake for approximately 20 minutes or until toothpick comes out clean and muffins are golden brown.
2. Carefully remove muffins from pan and transfer to container or place on paper towel.

PERSON B: Preheat oven, get laundry, prepare muffin tin with liners, measure ingredients found in unit.

PERSON A: Grocery shop for ingredients.

**TRAY:**

**LAB DUTIES:**

**Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**QUESTIONS:**

1. When splitting an egg you will need to crack it into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ then mix with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before pouring half of it into a second custard cup that is identical in \_\_\_\_\_\_\_\_\_\_\_. The egg is divided equally when both custard cups have egg that are the same height which is checked at \_\_\_\_\_\_\_\_\_ level.
2. Flour is placed in a \_\_\_\_\_\_\_\_\_\_\_\_\_ over a bowl when it is sifted.
3. This is the muffin method which requires that liquid ingredients are stirred into the dry using a \_\_\_\_\_\_\_\_\_\_ until the dry is dissolved. Gentle mixing is important so that not too many gluten strands are formed and cause problems such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. The 4 sizes of measuring spoons are : \_\_\_\_\_\_\_\_\_\_\_ mL, \_\_\_\_\_\_\_\_\_mL, \_\_\_\_\_\_\_\_\_mL and \_\_\_\_\_\_\_\_\_mL
5. Before filling your sinks with water and taking your drying rack out all the dishes should be pre-rinsed and look almost \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Dishes that are pre-rinsed should be stacked next to the sink and never \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a sink.
7. When your dishes have food stuck on the inside that is hard to wash out then try to soften the food by

filling it with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and letting it sit on the counter for a few minutes.

1. Put the muffin pan and dirty laundry on your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when the lab is done.
2. Food is only allowed to be eaten when you are sitting at your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_