



Basics of Cooking 10:

Quick Breads & Batters



BLUEBERRY MUFFINS

Makes 12

Ingredients

| | |
|---------|-----------------------------|
| ½ cup | butter |
| 1 ¼ cup | sugar |
| 2 large | eggs |
| 1 tsp | vanilla extract |
| 1 tsp | lemon zest |
| ½ tsp | salt |
| 2 cups | all-purpose flour |
| 2 tsp | baking powder |
| ½ cup | buttermilk |
| 2 cups | fresh or frozen blueberries |
| 2 tbsp | raw sugar (set aside) |

Equipment

- Cupcake tray
- Cupcake liners
- Mixer
- Rubber spatula
- Measuring cups
- Measuring spoons
- Whisk

Directions

1. Preheat oven to 375.
2. Cream butter and sugar together until light and fluffy. Add eggs and beat until combined. Add vanilla and zest.
3. Sift dry ingredients together. Add flour and buttermilk alternately. Fold Blueberries into batter.
4. Fill a lined cupcake tray with batter evenly. Sprinkle each muffin with raw sugar and bake for 20 to 30 minutes until done. Use toothpick to check doneness.



CORNBREAD

Makes 1 loaf

Ingredients

| | |
|----------|----------------------------------|
| 1 stick | butter, melted |
| 2 tbsp | butter, melted for buttering pan |
| 1 ¼ cups | cornmeal |
| ¾ cups | gluten free flour |
| 2 tsp | baking powder (aluminum free) |
| ½ tsp | baking soda |
| 1 tsp | salt |
| 1/3 cup | sugar |
| 1 cup | buttermilk (or 1 ⅓ cup of milk) |
| 1/3 cup | milk |
| 2 large | eggs |

Equipment

- Mixing bowls
- Whisk
- 9-in baking pan
- Measuring spoons and cups

Optional for serving: Honey and butter

Directions

1. Butter a 9-inch round baking dish with melted butter.
2. Preheat oven to 375.
3. In a bowl, mix dry ingredients until combined. In a small bowl, add milks and eggs and whisk until frothy and combined.
4. Add wet ingredients to dry ingredients and mix. Fold in the melted butter until incorporated.
5. Pour mixture into greased baking pan and bake for 20 to 25 minutes or until toothpick comes out clean. Brush with melted butter and honey if desired.



BLUEBERRY SCONES

Makes 8

Ingredients

| | |
|---------|-------------------------------|
| 2 cups | flour |
| ½ cup | sugar |
| 2 tsp | baking powder (aluminum free) |
| 1 tsp | salt |
| 1 stick | cold unsalted butter (diced) |
| 1 cup | fresh blueberries |
| 6 oz | buttermilk or heavy cream |
| 1 tsp | lemon and orange zest |
| 1 large | egg |

Equipment

- Mixing bowls
- Microplane
- Measuring cups and spoons
- Spatula
- Bench scraper
- Parchment
- Baking sheets

Directions

1. Preheat oven to 375 degrees.
2. In a large bowl, whisk dry ingredients and both zests.
3. Add cold butter to mixture in work into dry ingredients using a pastry blender or fork until the butter is resembles size of peas.
4. In a small bowl, mix buttermilk or cream with egg. Add blueberries and mix until mixture is combined.
5. Combine the wet ingredients to the dry ingredients and mix. Be careful not to over mix. Form the dough into a ball and flatten into an 8-inch circle. Cut the disk into 8 wedges.
6. Transfer wedges to a lined half sheet tray with parchment. Brush the tops of wedges with cream and sprinkle with sugar.
7. Bake at 375 for 20 to 25 minutes or until tops are lightly golden.



BUTTERMILK BISCUITS

Makes 6

Ingredients

2 ½ cups flour
2 tbsp baking powder
1 tsp salt
2 tsp honey or sugar
½ cup very cold butter, cubed (1 stick)
1 cup + 3 tbsp cold buttermilk

Optional for serving: honey and butter

Equipment

- Mixing bowls
- Bench scraper
- Parchment
- Baking sheets
- Biscuit cutter
- Pastry blender or fork
- Measuring spoons and cups

Directions

1. Preheat oven to 400 degrees.
2. In a bowl, whisk dry ingredients until combined.
3. Add cold cubed butter and press into do with pastry cutter or hands. Careful not to work butter into the flour too long.
4. Once flour/butter mixture resembles coarse crumbs, add buttermilk and honey. Mix until combined. Turn your dough onto counter and gently knead until dough is fully incorporated.
5. Dust your surface with flour and roll the dough into a rectangle, 1 inch in height. Fold rectangle into thirds. Roll out again, fold into thirds 2 more times. Roll the dough into 9"x"13 rectangle.
6. Using 3" round biscuit cutter, cut into 6 biscuits. Do not twist the cutter into the dough. This will prevent flakey layers from forming.
7. Transfer biscuits to a lined baking sheet and brush with melted butter. Bake for 15 to 20 minutes or until the biscuits are golden brown and fully baked. Brush with honey and butter if desired.