



Beetroot and Chocolate Muffins

Type: Canteen treat

Garden Harvest: beetroot, duck eggs

Recipe Source: Stephanie Alexander – Kitchen Garden Cooking with kids

Ingredients:

(makes 36 muffins)

240g butter, at room temperature

3 large beetroots

525g plain flour

3 tsp baking powder

6 tablespoons cocoa

3 large eggs

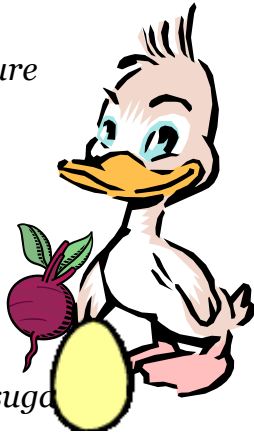
$\frac{3}{4}$ cup milk

$\frac{3}{4}$ cup vegetable oil

$\frac{3}{4}$ cup caster sugar

1 & $\frac{1}{2}$ cup well packed brown sugar

300g dark chocolate



Equipment:

Apron

Food processor

Spoon measures

Saucepan

Pastry brush

Muffin tins

Grater

Potato peeler

Breadboard

Knife

Sifter

2 x Medium bowls

Large bowl

Spatula

Dessert spoons

Cookie rack

What to do:

* Pre heat oven to 180 degrees. Melt 1 TBLSP of the butter in the small saucepan, then use a pastry brush to grease the holes of the muffin tin.

* Peel and grate the beetroot. You will need 750g of this.

* Sift the flour, baking powder and cocoa into the medium bowl, then sift again (this is called double sifting) into the second bowl. Set the sifted ingredients aside. Rinse and dry the now empty bowl, and use it to lightly whisk the egg and milk.

* In the clean bowl of the food processor combine the softened butter, oil and 2 kinds of sugar, and process until creamy. Gradually add the egg and milk mixture. Transfer the batter to the large mixing bowl.

* Fold the sifted dry ingredients into the wet ingredients, then stir in the grated beetroot. Spoon the mixture into the greased muffin tins. Break the chocolate into 36 squares and poke a square of chocolate into the top of each muffin.

* Bake for 20-25 minutes (muffin size) 10-15 minutes (patty cake size), until muffins are well risen and feel springy. Allow to cool in the tin for a few minutes, before turning out onto the wire rack.

* Place cooled muffins into a clean container, date and freeze with a layer of lunch wrap inbetween.