

# L.O: To understand food allergies and produce fruit muffins



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You will be **adapting** the savoury muffin recipe to make fruit muffins

Which ingredients **will** you be using today?



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## **What is the difference between a food allergy and a food intolerance?**

**Allergy** = hypersensitive reaction – can be life-threatening

**Intolerance** = negative reaction – sufferer feels very unwell



Milk



Egg



Shellfish



Fish



Tree Nuts



Wheat



Peanut



Soybean

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Which muffins look the best?  
Why?



Which skills will you be using today?

Weighing skills, oven safety, teamwork, health & safety, good hygiene

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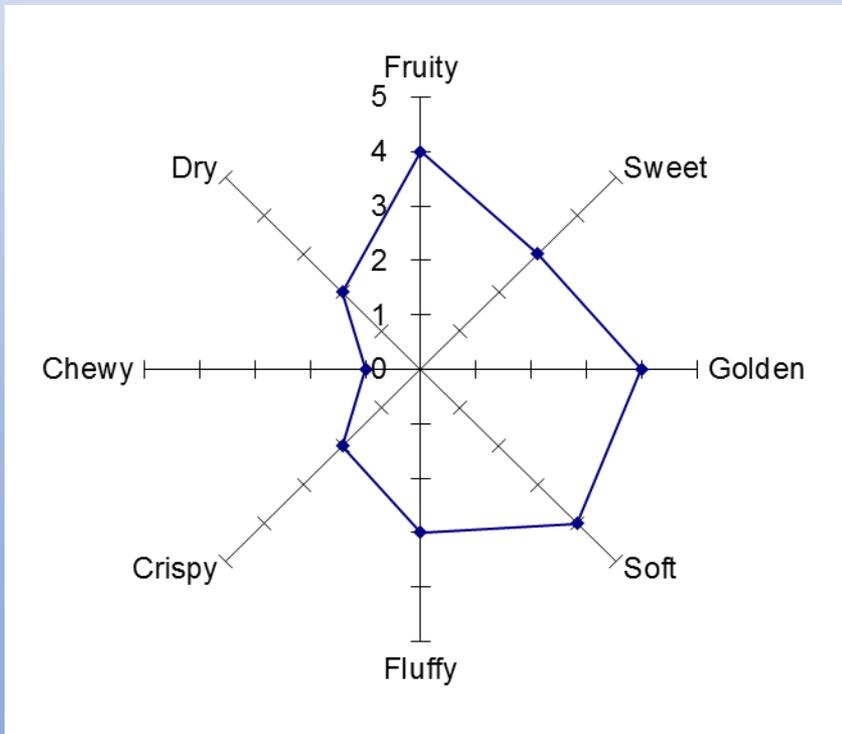
# **If you need help:**

1. Read your recipe – the answer is probably on there
2. Ask your partner or someone else in your kitchen to help
3. Raise your hand, stay in your kitchen, and I will come to help you as soon as I can

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# Sensory Analysis

A sensory analysis is an evaluation of the **taste**, **texture**, **appearance**, and **aroma** of a dish – use the word cards in the packs on your desk to help you



Complete a sensory analysis star diagram for your fruit muffins

- Write a short description of your fruit muffins – explain why you did/didn't like them
- List any other words you can think of to describe the muffins
- Carry out an analysis on someone else's fruit muffins

# BLUBERRY Muffins



## Ingredients

- 100g self-raising flour
- 1 teaspoon baking powder
- 1 eggs
- 80mls veg oil
- 100ml milk
- 2 drops vanilla essence
- 25g blueberries
- 75g sugar

## Method

1. Place flour into a mixing bowl.
2. Beat the egg into to the milk and add vanilla essence.
3. Pour the egg and milk mixture into the bowl and beat all the ingredients together, add the sugar and blueberries
4. Pour the mixture into a measuring jug.
5. Place six small muffin cases onto a muffin tin. Pour the mixture into the cake cases, wiping off any spillages.
6. Bake for **15-20mins** on Gas 5 / 190°C

# Muffins - Equipment

