Year 1 Cooking Knowledge Organiser

**Spinach and cheese savoury muffins**

Makes 12 muffins

Ingredients:

2 medium eggs

150ml milk

75g butter, melted

150g grated cheddar cheese

1 spring onion, chopped

75g fresh baby spinach, chopped

1/2 red pepper, diced

250g self raising flour

Equipment:

12 muffin cases

Muffin tin

Mixing bowl

Whisk

Pan (to melt the butter)

Weighing scales

Grater

Knife

Chopping board

Oven gloves

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| Method   1. Preheat the oven to 180c / 350f and line a muffin tin with 12 muffin cases. 2. Gently whisk the eggs in a large bowl and stir in the milk and melted butter. Mix in the grated cheese, spring onion, baby spinach and diced pepper. 3. Finally, add in the flour and mix it just enough until all the ingredients have combined. 4. Divide the mixture between the 12 muffin cases and bake in the oven for 20-25 minutes until cooked through (a skewer stuck into the middle should come out dry).   Top tip: These muffins can be frozen once they have cooled completely. To defrost simply leave out for a few hours or overnight. |

Vocabulary

Whisk – used to blend ingredients and add air to them.

Grater – used to cut food into small pieces.

Muffin – an individually sized baked product.

Challenge

**What other savoury flavours of muffins could you create?**