

Muffin Squares

Grains/Breads

Grains/Breads

B-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 12 oz	1 qt 2 ½ cups	3 lb 8 oz	3 qt 1 cup	<p>1. Blend flour, dry milk, baking powder, sugar, and salt in mixer for 5 minutes on low speed. Add raisins (optional).</p> <p>2. Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.</p> <p>3. Add oil slowly while mixing approximately 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.</p> <p>4. Pour 4 lb 7 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>5. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes</p> <p>6. Cut each pan 5 x 10 (50 portions per pan).</p> <p>For muffin pans: Portion batter with No. 20 scoop (3 ½ Tbsp) into muffin pans lightly coated with pan release spray. Fill no more than ¾ full.</p> <p>Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-15 minutes</p> <p>To cool, remove muffins from pans immediately and place on cooling racks.</p>
Instant nonfat dry milk		¾ cup	3 ½ oz	1 ½ cups	
Baking powder		3 Tbsp 2 tsp	3 oz	¼ cup 3 ⅓ Tbsp	
Sugar	7 oz	1 cup	14 oz	2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
†Raisins, plumped (optional)	8 oz	2 ⅔ cups	1 lb	1 qt 1 ⅓ cups	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ¼ oz	⅔ cup OR 3 each	10 ½ oz	1 ¼ cups OR 6 each	
Water		2 ¾ cups		1 qt 1 ½ cups	
Vegetable oil		¾ cup		1 ½ cups	

Muffin Squares

Grains/Breads

Grains/Breads

B-12

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of grains/breads.	50 Servings: 4 lb 7 oz (batter) 1 steamtable pan	50 Servings: about 2 quarts 2 cups (batter) 50 pieces or 50 muffins
	100 Servings: 8 lb 14 oz (batter) 2 steamtable pans	100 Servings: about 1 gallon 1 quart (batter) 100 pieces or 100 muffins

Edited 2004

Special Tip:

For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Variations:

A. Muffin Squares (Using Master Mix)

50 servings: Omit step 1. Blend 2 lb 7 ½ oz (2 qt) Master Mix with 7 oz (1 cup) sugar. Continue with step 2. Omit step 3. Continue with step 4-6.

100 servings: Omit step 1. Blend 4 lb 15 oz (4 qt) Master Mix with 14 oz (2 cups) sugar. Continue with step 2. Omit step 3. Continue with steps 4-6.

B. Wheat Muffin Squares

50 servings: In step 1, use 1 lb 5 oz (1 qt ¾ cup) enriched all-purpose flour and 7 oz (1 ½ cups 2 Tbsp) whole wheat flour. Continue with steps 2-6.

100 servings: In step 1, use 2 lb 10 oz (2 qt 1 ½ cups) enriched all-purpose flour and 14 oz (3 ¼ cups) whole wheat flour. Continue with steps 2-6.

Muffin Squares

Grains/Breads

Grains/Breads

B-12

Nutrients Per Serving

Calories	110	Saturated Fat	0.58 g	Iron	0.88 mg
Protein	2.36 g	Cholesterol	13 mg	Calcium	66 mg
Carbohydrate	16.87 g	Vitamin A	42 IU	Sodium	193 mg
Total Fat	3.73 g	Vitamin C	0.1 mg	Dietary Fiber	0.4 g