

Muffin Squares

Grains/Breads

Grains/Breads

A-11

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|------------------------------|-------------|-------------------|-------------|-----------------|--|
| | Weight | Measure | Weight | Measure | |
| All-purpose flour | 14 oz | 3 cups 2 Tbsp | 1 lb 12 oz | 1 qt 2 1/4 cups | <p>1. Blend flour, dry milk, baking powder, sugar, and salt for 5 minutes in mixer 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 to 20 seconds, scraping down the sides of the bowl.</p> <p>3. Add oil slowly while mixing on low speed, approximately 40 seconds. DO NOT OVERMIX. Batter will be lumpy.</p> <p>4. For 25 servings, pour 2 lb 3 1/2 oz (1 qt 1 cup) batter into a lightly oiled half-steamtable pan (12" x 10" x 2 1/2"). For 50 servings, pour 4 lb 7 oz (2 qt 2 cups) batter into a lightly oiled steamtable pan (12" x 20" x 2 1/2").</p> <p>5. To Bake: Conventional Oven: 425 degrees F, 25 minutes Convection Oven: 350 degrees F, 15 minutes Bake until lightly browned.</p> <p>6. For 25 servings, cut half-steamtable pan 5 x 5 (25 pieces per pan). For 50 servings, cut each steamtable pan 5 x 10 (50 pieces per pan).</p> <p>For muffin pans: Portion batter into oiled muffin pans with No. 24 scoop (2 2/3 Tbsp). Fill no more than two-thirds full.</p> <p>7. To Bake: Conventional Oven: 400 degrees F, 18 to 20 minutes Convection Oven: 350 degrees F, 12 to 15 minutes Bake until lightly browned. To cool, immediately remove muffins from pans and place on cooling racks.</p> |
| Instant nonfat dry milk | | 1/4 cup 2 Tbsp | | 3/4 cup | |
| Baking powder | | 2 Tbsp | | 1/4 cup | |
| Sugar | | 1/2 cup | 7 oz | 1 cup | |
| Salt | | 1 tsp | | 2 tsp | |
| #Raisins, plumped (optional) | 4 oz | 1/2 cup 2 Tbsp | 8 oz | 1 1/4 cups | |
| Fresh large eggs OR | | 2 each | | 3 each | |
| Frozen whole eggs, thawed | | 1/2 cup | 4 oz | 1 cup | |
| Water | | 1 1/4 cups 2 Tbsp | | 2 3/4 cups | |
| Vegetable oil | | 1/4 cup 2 Tbsp | | 3/4 cup | |

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#To plump raisins, cover them with very hot tap water. Soak 2 to 5 minutes. DO NOT OVERSOAK. Drain well before using.

| SERVING: | YIELD: | VOLUME: |
|---|---|-------------------------------------|
| 1 piece provides the equivalent of 1 slice of bread | 25 Servings: 1 half-steamtable pan | 25 Servings: 2 3/4 cups |
| | 50 Servings: 1 steamtable pan | 50 Servings: 1 qt 1 1/2 cups |

| Nutrients Per Serving | | | |
|-----------------------|-------|----------------------|------------|
| Calories | 110 | Saturated Fat | .6 g |
| Protein | 2 g | Cholesterol | 13 mg |
| Carbohydrate | 17 g | Vitamin A | 6 RE/19 IU |
| Total Fat | 3.7 g | Vitamin C | 0 mg |
| | | Iron | .9 mg |
| | | Calcium | 66 mg |
| | | Sodium | 193 mg |
| | | Dietary Fiber | 0 g |