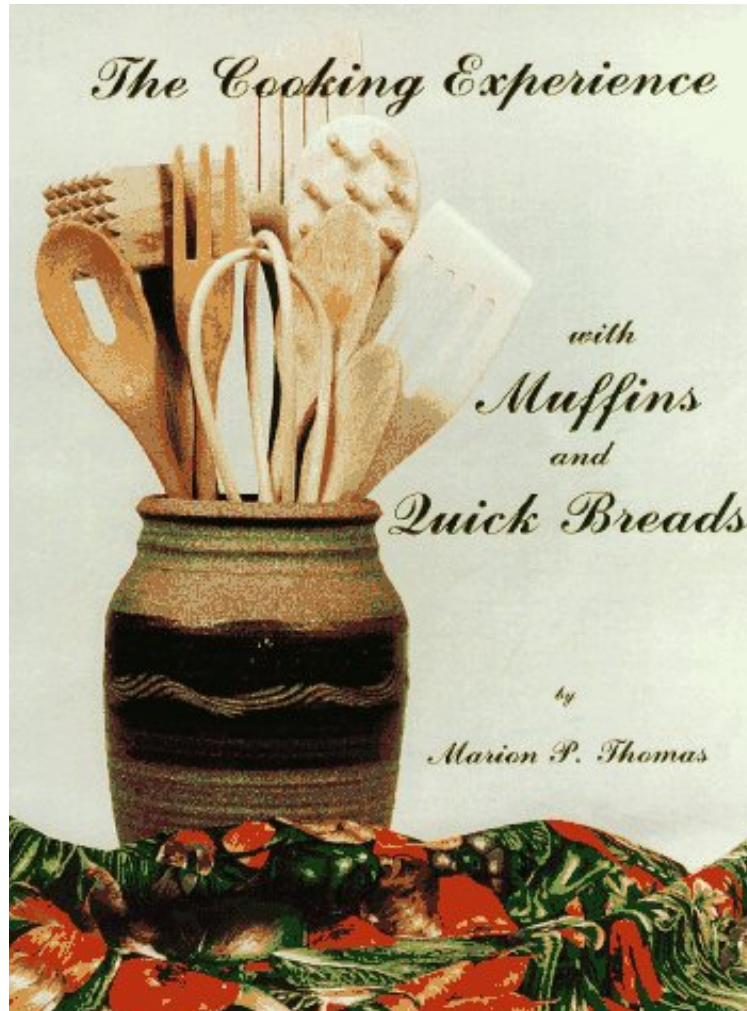


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The Cooking Experience with Muffins and Quick Breads

Steve W. Polite, Marion P. Thomas
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Steve W. Polite, Marion P. Thomas : The Cooking Experience with Muffins and Quick Breads before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Cooking Experience with Muffins and Quick Breads:

New! Exciting! First cookbook in The Cooking Experience with ...series has been published. The Cooking Experience with Muffins and Quick Breads has recipes that can be completed in a "kitchenless" setting. All that is needed is a table, ingredients, utensils, toaster oven, electric frying pan, hot plate, and an electrical outlet. The cookbook is great for group participation, individual use or demonstration with minimal cooking experience. Create economical, tasty, tempting treats with these muffin, scone, pancake, and breadstick recipes in one and one-half hour time.

From the Publisher The Cooking Experience cookbooks meet the challenge of Recreational Therapists and Activity Professionals interested in preparing food in a limited amount of time with a limited amount of equipment. In addition, it is suitable for cooks looking for recipes to prepare in their non-traditional kitchens. From the Author My 10 years experience teaching cooking classes without a formal kitchen led to the creation of The Cooking Experience cookbooks. I thought it would be helpful for people who are searching for ideas of simple but tasty food to prepare as long as they have a toaster oven, an electric frying pan, a hot plate, a table, and an electrical outlet. Excerpt. copy; Reprinted by permission. All rights reserved. A sample recipe from The Cooking Experience with Muffins and Quick Breads: BLUEBERRY ORANGE MUFFINS 2 1/4 cups flour 3/4 cup plain yogurt 2/3 cup sugar 1 small orange, peeled, seeded, and 2 teaspoons baking powder chopped with juice 1 teaspoon baking soda 2 teaspoons grated orange peel 1/2 teaspoon salt 2 eggs, beaten 1/2 cup margarine 1 1/2 cups fresh blueberries 1 Preheat oven to 400F and spray mini-muffin pans with non-stick spray. 2 In large bowl, mix together flour, sugar, baking powder, baking soda, and salt. 3 Cut in margarine until the texture of fine crumbs. 4 In small bowl, combine yogurt, orange, and orange peel until blended and stir in eggs. 5 Make a well in center of flour mixture. Pour in egg mixture and stir until moist. Fold in blueberries. 6 Spoon batter in greased muffin tins and bake at 400F for 15 to 20 minutes or until lightly browned. Cool and serve. EQUIPMENT NEEDED 2 bowls measuring cups measuring spoons spoon spatula pastry blender muffin tins spray oven serving dish paper towels