



Strawberry Muffin Tops

Preparation:

- Measuring spoons
- Measuring cups for dry ingredients
- Measuring cup for liquid ingredients
- Kitchen knife to level dry mixes
- Ingredients (all-purpose flour, Clabber Girl Baking Powder, baking soda, salt, sugar, butter, egg, buttermilk, strawberry preserves, strawberries)
- Large mixing bowl
- Wooden spoon (for mixing)
- Pastry blender (or two knives to cut in butter)
- Two baking pans (cookie sheets work perfectly for this recipe)
- Non-stick cooking spray, parchment paper or silpat

Ingredients:

- 1 3/4 cup plus 2 Tbs all-purpose flour
- 1 1/2 tsp. Clabber Girl Baking Powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/3 cup sugar
- 4 Tbs unsalted butter, cold and cut into small pieces
- 1 egg, lightly beaten
- 1 cup buttermilk
- 1 1/2 cup sliced strawberries
- 4 tsp. strawberry jam or preserves

Mixing and Baking Steps:

Assemble ingredients and utensils.

Preheat oven to 425° F.

Measure flour and other dry ingredients; add to large mixing bowl.

Using a pastry blender or two knives, cut in the butter until the mixture resembles coarse crumbs. Make a well in the center and add the egg, buttermilk and the berries. Using a wooden spoon, turn and cut the dough until it forms a slightly sticky ball. Prepare baking pans: either spray with non-stick cooking spray or line with parchment or a silpat. Scoop the dough onto the baking pans leaving at least 1 1/2 inches between each muffin top. Gently press a thumb size indentation into the center. Drop a generous rounded teaspoon of the strawberry preserves into the indentation. If you are using two baking pans, it's best to bake these one sheet at a time. Bake for about 18 minutes or until golden brown.

Cool briefly and serve.

Makes 12 muffin tops.

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Let's Get Started Baking!

Activity: The action of leavening and baking
Conclusion: Why strawberry muffin tops rise after baking.

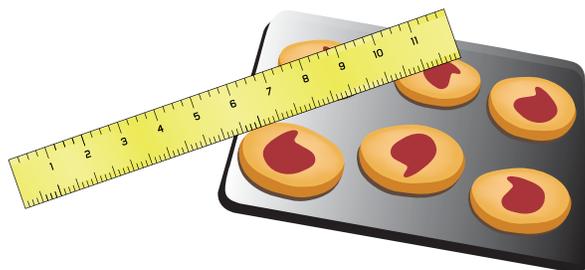
1. Perform baking powder test by dropping one teaspoon of baking powder into a glass of tepid water to watch it fizz.



What's happening?

As water causes the baking powder to react, carbon dioxide gas forms. When baking, wet and dry ingredients combine in your mixing bowl causing the same chemical reaction. However the gas bubbles are trapped in the batter, forming little pockets or "cells" that lift the batter. When you put your batter in the oven, more gas is released, lifting the batter even higher. The further heating of the oven causes the batter to dry out and all the little cells to "set." This creates a firm structure that you recognize as a cake, cookie, donut, etc.

2. Muffin tops rise after baking. With a ruler, measure before and after to see how leavening affects baked goods.



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