

# Idaho Child Nutrition

**Recipe: 500125 MUFFIN SQUARES**

Recipe Source: USDA B-12  
 Recipe Group: BREAD/ROLLS/STARCH

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 50  
 Size of Portion: SERVINGS

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 019335 SUGARS,GRANULATED..... 002047 SALT, TABLE.....	1 LB + 12 OZ 3/4 CUP 3 TBSP + 2 TSP 7 OZ 2 TSP	1. Blend flour, dry milk, baking powder, sugar, and salt in mixer for 5 minutes on low speed. Add raisins (optional).
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL..... 004318 OIL,VEG,TYPE B-COMMOD.....	3 large 2 3/4 CUP 3/4 CUP	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.  3. Add oil slowly while mixing approximately 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.  4. Pour 4 lb 7 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.  5. Bake until lightly browned: Conventional oven: 425°F for 25 minutes Convection oven: 350°F for 15 minutes  6. Cut each pan 5 x 10 (50 portions per pan). For muffin pans: Portion batter with No. 20 scoop (3 1/3 Tbsp) into muffin pans lightly coated with pan release spray. Fill no more than 2/3 full.  Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-15 minutes  To cool, remove muffins from pans immediately and place on cooling racks.
		<b>Special Tip</b>  <b>For 50 servings,</b> use 1 1/2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of eggs.  <b>For 100 servings,</b> use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

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		<b>Variations</b>
		<p>A. <i>Muffin Squares (Using Master Mix)</i></p> <p><b>50 servings:</b> Omit step 1. Blend 2 lb 7 ½ oz (2 qt) Master Mix with 7 oz (1cup) sugar. Continue with step 2. Omit step 3. Continue with step 4-6.</p> <p><b>100 servings:</b> 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.</p> <p>B. <i>Wheat Muffin Squares</i></p> <p><b>50 servings:</b> 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.</p> <p><b>100 servings:</b> 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.</p>
		<b>Serving</b>
		1 piece provides 1 serving of grains/breads.

Calories	110	Iron	0.88 mg	Protein	2.36 g	8.57%	Calories from Prot
Cholesterol	13 mg	Calcium	66.00 mg	Carbohydrates	16.87 g	61.34%	Calories from Carb
Sodium	193 mg	Vitamin A	42 IU	Total Fat	3.73 g	30.52%	Calories from T Fat
Dietary Fiber	0.40 g	Vitamin C	0.10 mg	Saturated Fat	0.58 g	4.72%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<b><u>Moisture &amp; Fat Change</u></b>				
Moisture Change.	0%			
Fat Change.....	0%			
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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I	050021	Muffin Squares			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	019335	SUGARS,GRANULATED			
I	002047	SALT,TABLE			
I	001123	EGG,WHOLE,RAW,FRESH			
I	014429	WATER,MUNICIPAL			
I	004318	OIL,VEG,TYPE B-COMMOD			