

*Truffle Nation's*

**LEMON AND BLUEBERRY  
MUFFINS**

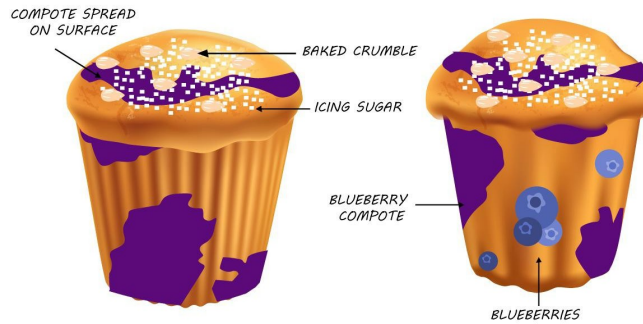
**Egg and Eggless Recipe**



## BLUEBERRY MUFFIN

*PRESENTATION*

*INTERSECTION*



<u>BLUEBERRY MUFFIN (EGG)</u>			<u>COSTING (in ₹)</u>		<u>NO. OF PORTIONS:</u> <u>5-6</u>
<u>INGREDIENTS</u>	<u>QUANTITY</u>		<u>WHOLESALE</u>	<u>M.R.P.</u>	<u>ELEMENTS</u>
	<u>IN GMS</u>	<u>IN CUPS</u>			
Flour	95 Gm	½ Cup + 1/8 Cup + 1 Tbsp	2.56	3.8	Blueberry compote
Sugar (A)	40 Gm	1/8 Cup + 1 Tbsp	2.32	4.8	Fresh blueberry
Sugar (B) (for meringue)	40 Gm	1/8 Cup + 1 Tbsp	2.32	4.8	Icing sugar
Unsalted butter	100 Gm	1/3 Cup + ½ Tbsp + 1 Tsp	32	45	
Egg whites (for meringue)	60 Gm	1/4 cup	4.6	6	
Egg yolks	36 Gm	-	3	5	
Baking powder	4.3 Gm	1 Tsp	0.9	1	



Cream of tart (Meringue)	-	1/8 Tsp	1	2	
Lemon juice	10 Gm	½ tsp	1	1	
Fresh blueberries	100 Gm	1 cup	260	260	
Blueberry compote	-	3 Tbsp	3	6	
Icing sugar	For dusting		1	2	
<b>TOTAL</b>			<b>₹ 313.7</b>	<b>₹ 341.4</b>	<b>INSTRUCTIONS</b>
<p><b>METHOD</b></p> <ol style="list-style-type: none"> <li>In a bowl beat the egg whites with cream of tartar until soft peaks are formed. Next add in the caster sugar in 3-4 parts while continuously whisking the egg whites until a stable meringue is formed a large bowl beat softened unsalted butter with the help of an electric hand beater.</li> <li>Until the butter becomes creamy and fluffy, now add in the caster sugar and combine it in the butter with a spatula. Add the egg yolk and mix it into the creamy butter sugar mix.</li> <li>Next add in the cake flour and baking powder with the help of a sieve. After a few minutes of mixing, you will have a super thick batter. We will now add in 1/2 of the meringue into the batter and combine it thoroughly.</li> <li>Next we will add the remaining meringue into the batter and very gently fold the batter to prevent loss of aeration provided by the meringue. Lastly we will add in the lemon juice, vanilla extract and fresh blueberries.</li> <li>Gently combine the batter, make sure not to be vigorous or else you can end up busting the blueberries (which will turn the batter blue).</li> </ol>					Fold in the blueberries carefully or else they will burst in the batter.
					<b>OVEN TEMPERATURES</b>
					<p style="text-align: center;"><b>OTG</b></p> <p>180°C (upper rod + lower rod +fan)</p> <p style="text-align: center;"><b>DECK OVEN</b></p> <p>Upper temperature – 180°C</p> <p>Lower temperature – 180°C</p> <p style="text-align: center;"><b>UNOX</b></p> <p>160°C, Fan speed – 1, Humidity – 0</p>



6. Divide the batter among 5-6 cavities of a cylindrical silicon making mould, first fill each cavity to with one scoop batter, followed by a spoon full of blueberry compote and then cover the compote with more batter, keeping in mind that you don't fill the mould above 3/4 level.
7. Lastly place a few blueberries (or some compote) on the top and sprinkle some cold non baked crumble (recipe available in apples crumble muffin).
8. Place the mould in a preheat oven at 180 c (lower rod mode only) for 20-25 minutes or until a toothpick inserted in the centre comes out clean. Lastly dust the muffins with some icing sugar.

<u>BLUEBERRY MUFFIN (EGGLESS)</u>			<u>COSTING (in ₹)</u>		<u>NO. OF PORTIONS:</u> <u>5-6</u>
<u>INGREDIENTS</u>	<u>QUANTITY</u>		<u>WHOLESALE</u>	<u>M.R.P.</u>	<u>ELEMENTS</u>
	<u>IN GMS</u>	<u>IN CUPS</u>			
Flour	120 Gm	½ Cup + 1/3 Cup + ½ Tbsp	3.2	4.8	Blueberry compote
Sugar	70 Gm	1/3 Cup	4.6	8.4	Fresh blueberry
Soft butter	85 Gm	1/3 Cup	27.2	38.2	Icing sugar
Curd	100 Gm	1/3 Cup + 1 Tbsp + 1 Tsp + ¼ Tsp	12	12	
Milk	20 ml	1 tbsp + 1 tsp			
Baking powder	3.2 Gm	½ Tsp + ¼ Tsp	0.5	0.9	



Baking soda	1.4 Gm	¼ Tsp	0.1	0.5					
Vanilla essence	3.5 Gm	1 Tsp	1.2	1.4					
Salt	0.75Gm	1/8 Tsp	1	1					
Lemon zest	1 lemon	-	1	1					
Blueberries (flour coated)	100 Gm	1 cup	260	260					
Blueberry compote	-	3 tbsp	3	6					
Icing sugar	For dusting		1	2					
<b>TOTAL</b>			<b>₹ 314.8</b>	<b>₹ 336.2</b>	<b><u>INSTRUCTIONS</u></b>				
<p><b><u>METHOD</u></b></p> <ol style="list-style-type: none"> <li>1. In a large bowl cream together the softened butter and caster sugar with an electric hand beater until they turn pale and fluffy.</li> <li>2. Using a sieve add in the flour, baking powder, baking soda and salt along with blueberries. Gently mix with spatula so that the blueberries don't burst. Next add in the curd and combine again with the help of a spatula.</li> <li>3. Lastly add in the lemon zest, milk, vanilla extract and fresh blueberries. Gently combine the batter, make sure not to be vigorous or else you can end up busting the blueberries (which will turn the batter blue).</li> <li>4. Divide the batter among 5-6 cavities of a cylindrical silicon making mould, first fill each cavity to with one scoop batter, followed by a ½ tbsp of blueberry compote and then cover the compote with more batter, keeping in mind that you don't fill the mould above 3/4 level.</li> <li>5. Lastly, sprinkle some cold non baked crumble (recipe available in apple crumble muffin).</li> <li>6. Place the mould in a preheat oven at 180 c (lower rod mode only) for 20-25 minutes) or until a toothpick inserted in the centre comes out clean. Lastly dust the muffins with some icing sugar.</li> </ol>					Fold in the blueberries carefully or else they will burst in the batter.				
					<b><u>OVEN TEMPERATURES</u></b>				
					<p><b>OTG</b></p> <p>180°C (upper rod + lower rod +fan)</p> <p><b>DECK OVEN</b></p> <p>Upper temperature – 180°C</p> <p>Lower temperature – 180°C</p> <p><b>UNOX</b></p> <p>160°C, Fan speed – 1, Humidity – 0</p>				

**ASSEMBLY**

1. Let the muffins cool completely then Dust them with some icing sugar before serving.

**NOTE**

Shelf life of	Refrigerator	Freezer
Blueberry muffins	2-3 weeks (stored in an airtight box in the fridge)	-

**COST PER PORTION (in ₹)**

<b><u>TYPE</u></b>	<b><u>COST</u></b>	<b><u>MUFFIN</u></b>	<b><u>TOTAL</u></b>
Egg	<b><u>WHOLESALE</u></b>	<b>₹ 52.28</b>	<b>₹ 52.28</b>
	<b><u>M.R.P.</u></b>	<b>₹ 56.9</b>	<b>₹ 56.9</b>
Eggless	<b><u>WHOLESALE</u></b>	<b>₹ 52.4</b>	<b>₹ 52.4</b>
	<b><u>M.R.P.</u></b>	<b>₹ 56</b>	<b>₹ 56</b>