

Carrot muffins with garlic butter

Season: Spring

Makes: 10 muffins

Fresh from the garden: carrots, parsley, eggs and garlic

Recipe source: Adapted from a recipe in Stephanie Alexander's *Kitchen Garden Cooking with Kids*.

These savoury muffins are packed with carrot, parsley and cheese and finished off with delicious, melty garlic butter. They are also light and extra-moist with the inclusion of buttermilk. Once upon a time buttermilk was the liquid that resulted after one churned cream to make butter. Nowadays it is made by adding a culture to skimmed milk, which ferments the milk a little, giving it a slightly sour flavour.

Note: You can make your own paper muffin cases (see this [activity on the Shared Table](#)), a lovely way to engage young children with the recipe.

EYLF Outcomes

Outcome 1: Children have a strong sense of identity

Outcome 2: Children are connected with and contribute to their world

Outcome 3: Children have a strong sense of wellbeing

Outcome 4: Children are confident and involved learners

Equipment:

metric measuring scales, spoons and cups
tea towel
chopping board
cook's knife
bowls – 1 medium, 1 small
500 ml jug
peeler
grater
spoon, whisk, fork
10 paper muffin cases
1 x 10-hole muffin tin
wire rack



Ingredients:

225 g self-raising flour
1 teaspoon salt
100 g carrot (about 1 medium carrot), peeled and grated
60 g sharp, tasty cheese
2 tablespoons chopped parsley (leaves from about 6 to 8 stems)
1 cup buttermilk or skim milk
3 tablespoons olive oil or vegetable oil
1 egg
2 tablespoons freshly grated parmesan for final sprinkling

Garlic butter:

1 clove garlic
salt
60 g butter

Instructions:

1. Preheat the oven to 180°C (160°C fan-forced).
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Put flour and salt into a medium-sized bowl.
4. Add the carrot, cheese and parsley to the bowl. Stir to mix using a big spoon.

5. Combine buttermilk and oil in the jug.
6. Using a whisk, lightly beat the egg in a small bowl and add to the buttermilk and oil.
7. Make a well in the dry ingredients. Tip in all the liquid. Using a fork and big sweeping movements, bring all the dry ingredients and the liquid together. Mix well, but do not over mix or the muffins will be tough.
8. Settle the paper cases in the muffin holes.
9. Without delay, spoon mix into each paper case, filling them two-thirds full.
10. Finish with a good sprinkle of parmesan cheese.
11. Bake about 20 minutes until firm to the touch.
12. Once they are ready, carefully lift the muffin tray onto the board and allow muffins to cool a minute before lifting them out onto a wire rack to cool further.

Garlic butter

1. Peel the garlic and finely chop with a few grains of salt.
2. Work the garlic into the butter with a fork.
3. Scoop into a small bowl and serve alongside the muffins.

