

# Saltbush and Carrot muffins

Bialik College Kitchen Garden Program



## Ingredients:

- 225g self-raising flour, sifted
- 1 teaspoon saltbush, finely crushed
- 1 medium carrot, peeled and grated
- 60g cheddar cheese
- 2 tablespoon chopped parsley (leaves from 6-8 stems)
- 1 cup buttermilk\* (*\*see below*)
- 3 tablespoon rice bran oil
- 1 egg
- Garlic butter:**
- 1 clove garlic, peeled and minced
- Pinch of saltbush, finely ground
- 60g butter, room temperature

## Equipment:

- Metric measuring scales, spoons, cups
- Tea towel
- Chopping board
- Cook's knife
- Bowl – 1 medium, 1 small
- 500mL measuring jug
- Peeler
- Grater
- Wooden spoon, whisk, fork
- Paper muffins cases
- 12-hole muffin tin
- Wire cooling rack

## Method:

1. Preheat the oven to 180C (160C fan-forced).
2. Prepare the ingredients based on the instructions in the ingredients list.
3. Put the flour and salt into a medium-sized bowl.
4. Add the carrot, cheese and parsley to the bowl. Stir to mix using a wooden spoon.
5. Combine buttermilk and oil in the measuring 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. Place the paper cases in the muffin holes.
9. Without delay, spoon mix into each paper case, filling them two-thirds full.

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10. Bake for approximately 15 - 20 minutes until firm to touch.
11. 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:**

12. Blend minced garlic and ground saltbush into softened butter using a fork.
13. Scoop into a small bowl and serve alongside the muffins.

*\*To make your own buttermilk, add 1 tablespoon vinegar to 1 cup milk and stir to combine. Let the mixture rest for 5 – 10 minutes before using. The final texture should appear somewhat separated at the top, with some light curdling.*

*(Makes 10 Muffins)*