

Quick "Prussian" apple muffins



What are they?

INGREDIENTS:

- 8 oz of flour
- 2 tablespoons of sugar
- 1 tablespoon of baking powder
- 1/2 teaspoon of salt
- 1 "Prussian" apple
- 1 egg
- 7-1/2 fl oz of milk
- 1-3/4 fl oz of extra-virgin olive oil



The muffins

Slightly sweet typical British scones, baked or cooked on a hot plate. The ingredients are 00 flour or corn flour, milk, butter, salt, brewer's yeast, sugar and eggs.

They are served at breakfast or tea, usually cut in half and toast with butter and jam.

1 Thoroughly grease with a little oil a 12 round moulds baking-tin (approximately 2-1/2 in diameter.)

You can also use stencils paper.

2 Put the flour, sugar, baking powder, salt and diced apple in a bowl and stir well to blend.

3 Beat the egg in another bowl and, mixing, add the milk and oil.

Mix the egg mixture all at once to the flour, stirring gently until the flour is all wet. The dough should remain slightly grainy.

4 Place spoonfuls of mixture into the molds, carefully cleaning the edges. Bake 20-25 minutes at 180 degrees until they are well risen.

Transfer the muffins on a wire rack and serve buttered split in half while still hot, or cold cut and toast them before serving.

Notes:



