



## Muffin Pan Tips and Tricks

*Muffin pans are great for making individual portions of recipes both savory and sweet. Here's what you should know about these versatile pans.*

- Sizes available include regular (usually 12 cups per tin at 1/2-cup volume per cup), mini (generally 24 cups per pan) and jumbo (six per pan)
- Buy two muffin pans so it will accommodate most recipes.
- Muffin size portions bake up more quickly than many full size recipes.
- Pans with a dark finish tend to promote browning more than shiny pans. Adjust baking time accordingly.
- Most pans come with a nonstick coating (still lightly grease them).
- To help protect a nonstick finish, hand wash the muffin pans.
- For easy cleaning, use paper or foil liners when baking muffins, breads and desserts. Soak the muffin tin in hot soapy water for 30 minutes before cleaning with a scrubbing pad.
- Use muffin pans for ingredient toppings. Add topping ingredients for hamburgers or tacos in a muffin pan for easy serving.
- Bigger, Better Ice: Fill muffin pan with water and freeze it for quick access to large ice cubes. These cubes are ideal for keeping punch bowls and other large containers colder for longer. For added appeal, freeze water with lemon or lime slices or peels inside to add color and flavor.
- Freeze soups and stocks: Use a large diameter muffin pan and pour leftovers in. Freeze, covered. When frozen, pop out and put in a zip top bag and pull out as needed.
- Decorating: Shake different colors of sugar crystals, sanding sugar, nonpareils, jimmies and pearls into separate cups of a muffin pan. Great for decorating sugar cookies or cupcakes.
- Flip it and bake tortilla bowls. Flip a muffin pan over and lay small tortillas between the cups so they fold into 4 sections. Bake the tortillas this way, this creates a perfect little hand held tortilla bowl.
- Prepare ice cream scoops ahead of time for a party.
- Use for craft organization.
- Ingredients to put in muffin pans to "hold food": refrigerated biscuits, pizza dough and crescents, pie dough, cookie dough, sliced meats, tortilla, won ton wrappers, pasta, hash browns, phyllo dough, puff pastry

### Wasatch County Cooking Class, November 2022

**Tricia Mathis, FCS/4-H Educator** 55 S. 500 E. Heber City, UT 84032 | [patricia.mathis@usu.edu](mailto:patricia.mathis@usu.edu) | 435-657-3234



# Meatball Sub Cupcakes

*Yield: 12 servings    Time: 25 minutes*

## INGREDIENTS

- 1 (8oz) can refrigerated crescent dinner rolls
- 4 oz. cream cheese, softened
- 3/4 tsp Italian Seasoning
- 1 cup shredded mozzarella
- 12 (1oz) frozen meatballs
- 1 1/4 cup spaghetti sauce

## DIRECTIONS

1. Preheat oven to 375 degrees. Spray 12 regular size muffin cups with cooking vegetable oil spray. Set aside.
2. Remove dough from can; press seams to seal and press into an 8 x 18 inch rectangle. Cut dough into 12 squares. Press squares into muffin pan cups.
3. Combine cream cheese, Italian seasoning and 1/2 cup mozzarella cheese.
4. Divide the cream cheese mixture in the bottom of each muffin cup. Place meatballs on top of cheese; top each meatball with 2 tablespoons spaghetti sauce. Sprinkle with remaining mozzarella cheese.
5. Bake 15 to 18 minutes, or until golden brown.

## Wasatch County Cooking Class, November 2022

**Tricia Mathis, FCS/4-H Educator**    55 S. 500 E. Heber City, UT 84032 | [patricia.mathis@usu.edu](mailto:patricia.mathis@usu.edu) | 435-657-3234



# Ham and Swiss Quiche Cups

*Yield: 18 servings    Total Time: 50 minutes*

## INGREDIENTS

- 1 recipe for Double-Crust Pie
- 3 eggs, lightly beaten
- 1 1/2 cups whole milk
- 6 Tablespoons (3) sliced green onions
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup diced cooked ham
- 1 cup Swiss or fontina cheese (4 ounces)

### Pastry for a double crust pie

- 3 cups flour
- 1 tsp salt
- 1 1/4 cup shortening
- 1 egg
- buttermilk

## DIRECTIONS

1. Prepare Pastry for a Double Crust Pie. Cover and chill about 1 hour or until pastry is easy to handle.
2. Preheat oven to 375F. Divide chilled pastry into 18 portions; shape each portion into a ball. Place a ball in each of eighteen 2 1/2 inch muffin cups. Gently press dough onto the bottoms and 1 inch up sides of the muffin cups.
3. In a medium bowl, combine eggs, milk, green onions, salt and pepper. Ladle egg mixture into pastry-lined muffin cups, filling each about 3/4 full. Sprinkle with ham.
4. Bake for 20 minutes or until a knife inserted comes out clean. Sprinkle tops of quiches with cheese. Let stand in muffin cups for 10 minutes. Using a sharp knife, carefully loosen sides. Carefully remove from muffin cups; serve warm.

### Directions for Pie Crust:

1. In a large bowl, stir together flour and salt. Using a pastry blender, cut in shortening and until pieces are pea size.
2. Beat egg slightly and place in a 2/3 measuring cup. Add buttermilk to the egg in the 2/3 cup and fill.
3. Pour egg/buttermilk mixture to flour/shortening mixture and mix with a fork until just combined.

## Wasatch County Cooking Class, November 2022

**Tricia Mathis, FCS/4-H Educator**    55 S. 500 E. Heber City, UT 84032 | [patricia.mathis@usu.edu](mailto:patricia.mathis@usu.edu) | 435-657-3234



# Mini German Pancakes

*Yield: 24 servings    Total Time: 30 minutes*

## INGREDIENTS

- 1 cup milk
- 6 eggs
- 1 cup flour
- 1/2 tsp salt
- 1 tsp vanilla
- 1/4 cup butter

## DIRECTIONS

1. Preheat oven to 400 degrees F. Blend first five ingredients (milk thru vanilla) in a blender. Be careful to see that any flour clumps get well-blended.
2. Add a little butter into each muffin tin and place in oven until melted. Distribute batter evenly between 18-24 tins. Fill each cup about half full.
3. Bake at 400 degrees for 15 minutes, or until puffy and golden on top. Serve with your favorite toppings.

## Wasatch County Cooking Class, November 2022

**Tricia Mathis, FCS/4-H Educator**    55 S. 500 E. Heber City, UT 84032 | [patricia.mathis@usu.edu](mailto:patricia.mathis@usu.edu) | 435-657-3234



# Gingersnap Cookie Cups with White Chocolate

*Yield: 60*

## INGREDIENTS

Soft Ginger Snap Cookies:

- 5 Tablespoons butter
- 1/4 cup + 1 Tablespoon shortening
- 1 eggs
- 1 tsp vanilla
- 1 c white sugar
- 1 1/2 Tablespoon dark molasses
- 1/2 Tablespoon Corn syrup
- 2 c flour
- 1 tsp cinnamon
- 1/4 tsp salt
- 1 1/2 tsp baking soda
- 1/2 tsp ground ginger

White Chocolate Ganache

- 1/4 cup whipping cream
- 1 cup white chocolate chips
- Dulce de Leche

## DIRECTIONS

1. Cream together butter, shortening and eggs.
2. Add eggs and beat until creamy.
3. Then, add vanilla, molasses and corn syrup and continue beating until well combined.
4. Mix together flour, cinnamon, salt baking soda and ginger.
5. Add the dry ingredient mixture to the creamed mixture.
6. Mix until well combined.
7. Make dough into small balls and place in mini muffin pans.
8. Press dough with a tart tamper until the dough come to just below the top of the muffin cup.
9. Bake at 325 degrees for 10-12 minutes.
10. Let cool and remove from pan.
11. Make the white chocolate ganache by heating the white chocolate chips in a microwave safe bowl for 30 seconds.
12. In a separate bowl, heat the cream in the microwave for 30 seconds.
13. Pour the hot cream over the white chocolate and let sit for a few minutes.
14. Stir the white chocolate chips and cream together until creamy.
15. Squeeze a dollop of Dulce de Leche in the cookie cup, then spoon some of the white chocolate ganache. Repeat with all cookie cups.
16. Refrigerate until ready to serve.

## Wasatch County Cooking Class, November 2022

**Tricia Mathis, FCS/4-H Educator** 55 S. 500 E. Heber City, UT 84032 | [patricia.mathis@usu.edu](mailto:patricia.mathis@usu.edu) | 435-657-3234