

Wanderlust Leads Elly To Muffins

By ELLY

Here's how a stream of consciousness can carry you right out to the kitchen:

The first few spring-like days awaken your wanderlust. "Oh, to be in England now that April's here..." London... Albert Hall... Theatre Royal... Drury Lane... "Have you seen the muffin man, the muffin man who lives in Drury Lane?"

Skipping and whistling, you're on the way to the kitchen to mix up a batch of muffins.

Muffins are easy to fix as substitute for bread. And since some hot-from-the-oven muffins are as close as I'll be to Drury Lane for the time being, here are some favorite muffin recipes. Try adding raisins or currants to any of these.

BRAN MUFFINS

1 c. whole wheat or Graham flour
 1 c. bran flakes
 1 t. baking powder
 1 t. salt
 3 T. honey
 3 T. oil
 1 egg
 1 c. milk

Stir then measure flour; add baking powder, salt and bran flakes. Beat egg, add honey and milk. Stir in dry ingredients, stirring only enough to moisten. Fill greased muffin tins two thirds full. Bake at 425 degrees for 15 minutes.

WHOLE WHEAT MUFFINS

1 1/2 c. whole wheat flour
 2 1/2 t. baking powder
 3 T. brown sugar
 1 t. salt
 1 egg, beaten
 1 1/3 c. milk
 4 T. oil

Mix together the whole wheat flour, brown sugar, baking powder and salt. Beat egg until light, add milk and oil. Toss in the whole wheat flour mixture and stir quickly just enough to moisten the flour. Let stand a few minutes until mixture thickens, then drop by spoonfuls into muffin tins. Bake at 425 degrees for 20 to 25 minutes.

For variety, add sesame seeds, sunflower seeds, raisins, nuts or a small spoonful of jam or jelly to the muffins before baking.

PINEAPPLE-CORN MUFFINS

1 c. whole wheat flour
 1/3 c. soy flour
 3 t. baking powder
 1 c. yellow cornmeal
 8 1/2 t. instant nonfat dry milk (about 1/2 c.)
 2 eggs, beaten
 1 c. water (or part water and part liquid from pineapple)
 1/4 c. butter, melted
 1 t. honey
 8 ounces crushed pineapple (unsweetened), drained pineapple preserves (or orange marmalade)

Stir together all the dry ingredients, including the dry milk. Combine all the remaining ingredients (except preserves) and stir into dry ingredients. Don't overmix. Fill oiled muffin wells about 2/3 full and top with 1 to 1 1/2 teaspoon pineapple preserves. Bake at 400 degrees for about 20 minutes, or until golden. Since these muffins are not very sweet they can be served with the main course. For a dessert muffin you might wish to add more honey. Makes about 15 muffins.

BLUEBERRY MUFFINS

5 T. sugar
 1 1/2 c. blueberries, washed and dried
 2 c. sifted all-purpose flour
 1 1/2 t. salt
 4 t. baking powder
 2 eggs
 1 1/2 c. milk
 1/4 c. melted shortening

Sprinkle two tablespoons sugar on blueberries. Into large mixing bowl sift flour, salt, baking powder, and remaining sugar. Beat eggs well; add milk and shortening. Add at once to dry ingredients. Stir quickly and lightly until just mixed. Mixture will be lumpy. Gently fold blueberries into batter. Fill well-greased muffin pans two-thirds full. Bake in preheated hot oven 425 degrees for 25 to 30 minutes. Remove from pan. Makes about 16 muffins.

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