

SAVOURY MUFFINS

A San Francisco favourite, these muffins are great for breakfast!



Tara Swann

Ingredients (6 muffins)

6 large eggs
 250g flour
 1 tablespoon baking* powder
 1/2 teaspoon salt & pepper
 300ml milk
 125g butter
 1 large egg
 250g sausage* meat
 125g cheese (Cheddar), grated*
 2 tablespoons chopped* scallions*
 + 1 large six-hole muffin* tray

1. Bring* a pan* of water to the boil. Lower* in the six eggs and cook for five to six minutes. Remove immediately to an ice* bath and leave to cool in fridge.
2. Cook* the sausage meat in a frying* pan, then chop* into small pieces.
3. Preheat oven to 230°C. Whisk* the dry ingredients together in a large bowl.
4. Melt* the butter in a pan, let it cool* a little, then whisk* in the egg and milk.
5. Pour* the butter mixture into the dry ingredients and fold* in. Add* the cheese, sausage, scallions. Combine.
6. Grease* a six-hole muffin tray. Place two tablespoons of batter* into each hole* of the muffin tray.
7. Gently* peel* the eggs. Place an egg in each of the holes and cover it with more batter. Bake for about 20 to 25 minutes. Remove from oven and enjoy immediately!

CHEF'S TIP

If you like a runny* yolk, put the peeled* soft-boiled* eggs in the freezer for an hour before placing them in the muffin batter*!

VOCABULARY P.11

add: ajouter
baking powder: levure chimique
batter: préparation
bring... to the boil:

faire bouillir...
chop (pp. chopped): émincer
combine: mélanger
cook: faire revenir
cool (let it...):

laisser refroidir
fold in: mélanger
frying pan: poêle
gently: délicatement
grated: râpé

grease: beurrer
hole: trou
ice bath: eau refroidie avec des glaçons
lower: plonger dedans

melt (pp. melted): faire fondre
muffin tray (six-hole...): moule à muffins (pour six)

pan: casserole
peel: écaler
pour: verser
runny yolk: jaune coulant
sausage meat: chair à saucisse

scallion: oignon vert
soft-boiled egg: œuf mollet
whisk: fouetter
whisk in: incorporer en fouettant