

APPLE, CUSTARD AND WHITE CHOCOLATE MUFFINS



FOOD SERVICE



An interesting and intriguing combination of flavours; tart apple, sweet and silky custard and rich white chocolate create a complex and unusual muffin. Great as a staple café muffin offer, this would work well as a warm dessert served with homemade (or premium quality) cinnamon ice cream.

Customer Services Phone 0800 800 617

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APPLE, CUSTARD AND WHITE CHOCOLATE MUFFINS



MAKES 12

INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
250g self-raising flour	0.00153	\$0.38
125g plain flour	0.00166	\$0.21
pinch ground nutmeg		
90g Chelsea Soft Brown Sugar	0.00280	\$0.25
80g custard powder	0.00530	\$0.42
100g butter, melted	0.00718	\$0.72
280ml milk	0.00155	\$0.43
1ea no. 6 egg, beaten	0.20967	\$0.21
350g red-skinned apples, washed but not peeled, cored and grated (2 apples)	0.00266	\$0.93
125g white chocolate, chopped	0.00661	\$0.83
Topping		
60g white chocolate, chopped	0.00661	\$0.40
150g red-skinned apples, washed but not peeled, cored and grated (1 apple)	0.00266	\$0.40
50g Chelsea Soft Brown Sugar	0.00280	\$0.14

METHOD

Preheat oven to 200°C and grease a 12 hole muffin tray or line with paper cases.

Mix together flours, nutmeg, brown sugar and custard powder in a large bowl.

Mix together melted butter, milk, egg, grated apples and white chocolate in a separate bowl.

Gently mix wet ingredients into dry ingredients and mix until just combined - do not overmix or the muffins will be tough.

Spoon mixture evenly into prepared muffin tin.

Combine topping ingredients and spoon a little on top of each muffin.

Bake 25 minutes or until they spring back to the touch. Allow to cool slightly in the tin, then turn onto a cooling rack to cool.

VARIATIONS

- Bake in mini rectangular loaf tins.
- Replace the apples with 350g chopped canned peaches or pears or with 350g cooked rhubarb or a mix of cooked rhubarb/apple.

PROFIT

- Cost of goods is \$0.44 exc. GST. and a selling price of \$1.70 inc. GST will return 70% gross profit. A more realistic selling price of \$3.00 inc. GST would return over 80% gross profit.

NUTRITION

- Apples are high in fibre and vitamin C.

- Contains wheat, eggs and dairy products.

SERVICE

- Best baked fresh daily, but may be frozen if necessary. Defrost frozen muffins and reheat in a hot oven for a few minutes to reconstitute.
- Place on counter as impulse item.
- Also good as catering item: make in smaller muffin tins for such events.
- Accompany with a dollop of Greek yoghurt.
- Serve warm as a menu item with a scoop of cinnamon or vanilla ice cream.

TOTAL COST	\$5.32
COST PER PORTION	\$0.44
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE \$1.70

Costs based on average wholesale prices at February 2014