

# Xcentric Ideas



Mupcake or Cuffin ...

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by

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Recipes from the Internet  
All photos my own

# Mupcake or Cuffin ...

## **What is the difference between a muffin and a cupcake?**

The answer varies – some says a **muffin** is made of bread mix without yeast. It can have a glaze, but no frosting. And usually is eaten for breakfast and contains some fruit.

Some say a **cupcake** is made of cake mix, normally is daintier than a muffin and usually has a frosting on top.

Who cares? – I say. If it tastes nice, eat it.

Any **cake recipe** can be used as muffins – bake for 2/3 of the cake's baking time. The recipes 'Chocolate Prune Muffin with Coffee Syrup' and 'Carrot, Pineapple & Fruitcake muffins' were both cake recipes – and the result in muffin pans were good!

Although most recipes say 20-25 minutes for muffins, for some reason, with the exception of 1 recipe (Tiramisu Muffins) in this issue that baked for only 10 minutes, my 12 muffins/cupcakes all baked for only 15 minutes!

Is it the oven? Is it the sea level difference? It makes baking a little bit tricky though. I normally smell when the muffins are ready.

**Why Mupcake or Cuffin?** Because I've – in true Alma-style – mixed up the two. I honestly don't care what you call it – they are all divinely delicious.

**Why not a cake?** I prefer a muffin/cupcake size – it's easier to eat and at least you can freeze those you don't eat. With a cake, the slices are sometimes tricky to cut and how do you freeze half a cake ... but that's just my thought.



*Banoffee Muffins*

# *Banoffee Muffins*

½ cup plain or vanilla yogurt  
½ cup mashed banana  
1 cup white sugar  
1 cup mashed bananas (about 2 ripe bananas, mash by hand with fork)  
2 eggs  
1 tsp vanilla essence  
2 cups cake flour, sifted  
1 tsp baking soda / bicarbonate of soda, sifted  
½ tsp salt  
Tin caramel condensed milk

Preheat oven to 350 oF / 180 oC. Mix the 1st 3 ingredients together. Add the mashed bananas, eggs and vanilla essence. Mix until fairly smooth.

In a separate bowl, mix the cake flour, baking soda & salt. Add dry ingredients to wet, mix until incorporated. Spoon 1/3 batter into muffin pans – dollop a teaspoon caramel condensed milk in centre, top with more batter to fill muffin pans 2/3 full.

Spoon a dollop of caramel condensed milk on top of the batter. Bake for 15-20 minutes, or till skewer comes out clean. Let it cool in muffin pan for about 15 min, then take out and cool on wire rack.

## **Banoffee Frosting**

3 cups icing sugar, sifted  
¼ cup plain or vanilla yogurt  
3 tsp caramel condensed milk  
1 banana

Blitz it all together in mixer, let it cool in fridge. When muffins are cooled down, drizzle frosting over.



*Carrot, Pineapple,  
Fruitcake Muffins*

# *Carrot, Pineapple, Fruitcake Muffins*

4 eggs  
500 ml white sugar  
1 cup well-drained crushed pineapple  
1 tsp bicarbonate  
625 ml self-raising flour  
Pinch of salt  
1 tsp ground cinnamon  
3 cups roughly grated carrot  
2/3 cup of fruitcake mix  
½ cup pecan nuts, chopped roughly

## **Cream cheese icing:**

100 g butter, room temperature  
200 g (375 ml) icing sugar  
1 container cream cheese  
1 tsp vanilla

Cream the eggs and sugar together. Add the pineapple. Sift the dry ingredients and add to the butter mixture. Stir. Lightly stir in the carrots & nuts. Bake in greased muffin pans (filled 2/3) for 15-20 minutes, or till skewer comes out clean. (make 24 muffins.)

## **Icing:**

Cream the butter and icing sugar together. Stir in the cream cheese & vanilla – decorate the muffins. You can also add little bit of drained pineapple on top of frosting.

*Chocolate Prune Muffins with Coffee Syrup*



# *Chocolate Prune Muffins with Coffee Syrup*

## **Mixture:**

200 g prunes, pitted and halved  
1/3 cup (30g) cocoa powder  
1 slab (100g) dark chocolate  
3/4 cup (175g) caster sugar  
150 ml boiling water  
4 x-large egg whites  
1/2 cup (75g) cake flour

## **Coffee syrup:**

1/4 cup (60g) sugar  
1 tbsp (15 ml) instant coffee  
1 tbsp (15 ml) lemon juice  
20 g butter

Soak prunes in 1/4 cup hot water for 2 hours. Preheat oven to 190 oC. Spray 18-hole jumbo muffin pans.

Place cocoa, chocolate, 3/5 cup (150g) caster sugar and boiling water into large mixing bowl and stir to combine.

Whisk egg whites until stiff peaks form, gradually adding remaining caster sugar. Sift flour into chocolate mixture. Fold through half the egg whites using a metal spoon. Fold in remaining egg whites to form a runny batter. Pour into prepared pans (filled 2/3), scatter with prunes and bake for 15 min or till skewer comes out clean.

## **Coffee syrup:**

Simmer ingredients in saucepan until reduced and slightly thickened  
Pour over cake and leave to cool, it will sink slightly. Serve cake with cream/ice cream.

*This syrup is very concentrated, but eaten with cream/ice cream it's lovely.*





*Grenadella (Passionfruit) Muffins*

# *Grenadella (Passionfruit)*

## *Muffins*

225 g butter, softened  
225 g caster sugar  
4 large eggs  
1 lemon rind, grated  
250 g self-raising flour  
50 ml milk  
115 g passionfruit pulp  
25 g almonds, ground (optional)

**Syrup:**

100 ml lemon juice  
25 ml passionfruit pulp  
150 ml caster sugar

Preheat oven to 180 oC. Cream butter and caster sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add in lemon rind. Add in flour and milk and pulp to form a dropping consistency. Pour mixture (filled 2/3) into the muffin pans. Bake at 180 oC for 15 -20 minutes until a skewer comes out clean when tested.

Remove from oven and pour over the heated syrup.

**Syrup:**

Heat syrup ingredients gently without boiling.

*Passionfruit and White Chocolate Muffins*



# *Passionfruit and White Chocolate Muffins*

2 cups self-raising flour, sifted  
½ cup caster sugar  
100 g white chocolate, chopped  
125 g butter, melted, cooled  
1/3 cup milk  
2 eggs, lightly whisked  
¼ cup passionfruit pulp  
1 tsp vanilla extract

## **Passionfruit icing:**

1 ¼ cups icing sugar  
4 tsp hot water  
1 ½ tbsp passionfruit pulp

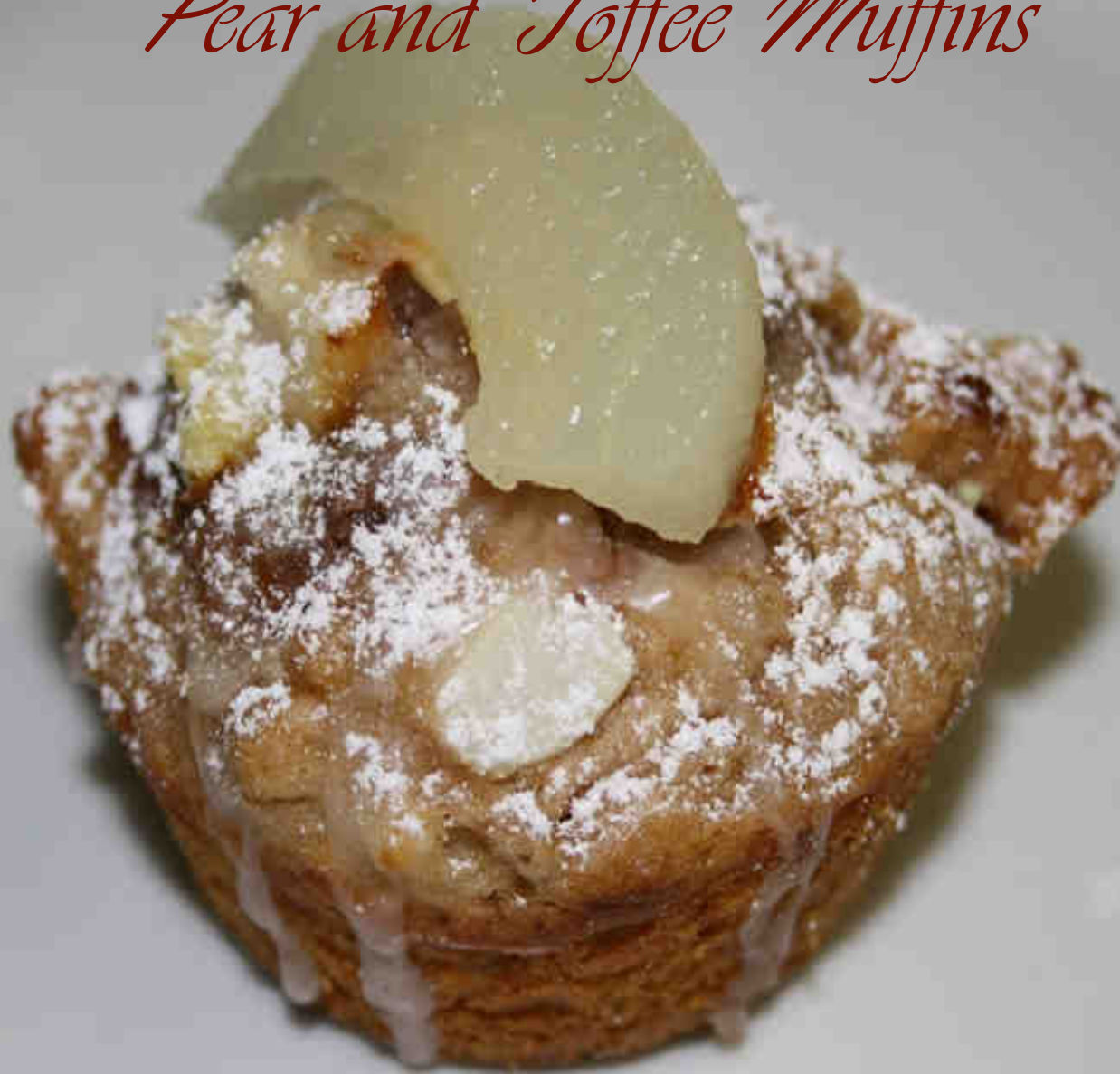
Preheat oven to 200°C. Lightly grease a 12-hole muffin pan. Combine flour, sugar and chocolate in a bowl. Make a well in the centre.

Whisk butter, milk, egg, passionfruit and vanilla in a jug. Pour into well. Gently fold until just combined. Fill muffin holes 2/3 with mixture. Bake for 15 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 5 minutes. Turn onto a wire rack.

## **Passionfruit icing:**

Stir icing sugar, water and passionfruit in a bowl until smooth. Spoon over muffins, allowing to drizzle down sides. Allow to set. Serve.

*Pear and Toffee Muffins*



# Pear and Toffee Muffins

300 g self-raising flour  
1 tsp baking powder  
2 tsp ground cinnamon  
85 g golden caster sugar (*?? Never seen this before, used normal white caster sugar*)  
250 ml milk  
2 eggs, beaten  
100 g butter, melted  
4 halved tinned pears, chopped coarsely  
100 g soft toffees, chopped into pieces (Crème Caramel or Chomp)  
25 g flaked almonds

## **Lemon icing:**

1 ½ cups sifted icing sugar  
Juice of 2 lemons

Heat oven to 200C/fan 180C/gas 6. Spray a 12-hole deep muffin tin. Tip the flour, baking powder, cinnamon and a pinch of salt into a large bowl, then stir in the sugar.

Mix together the milk, eggs and melted butter in a large jug and pour into the dry mix all at once, along with the pears and a third of the toffee pieces. Stir the mixture well, but don't overdo it.

Divide the mixture (fill 2/3), then sprinkle with the remaining toffee and the flaked almonds. Bake for 15-20 mins until the muffins are risen, golden and feel firm when pressed (the molten toffee will be extremely hot so be careful not to touch it). Remove from the tin to a wire rack to cool.

## **Icing:**

Put icing sugar in a bowl, add enough lemon juice to make pouring glaze. Drizzle lemon icing over and decorate with tinned pear slices & sifted icing sugar.

*Strawberry & Orange Muffins*



# *Strawberry & Orange Muffins*

600 ml cake flour  
15 ml baking powder  
185 ml caster sugar  
500 ml plain yoghurt  
80 g butter, melted  
2 large eggs  
grated rind of 1 orange  
5 ml vanilla essence  
250 g strawberries, hulled and sliced

Preheat the oven to 180°C. Spray a 12 hole muffin pan with non-stick cooking spray.

Sift the flour, baking powder and castor sugar together in a large mixing bowl. Combine the buttermilk, butter, eggs, rind and vanilla essence. Add to dry ingredients.

Add a little extra milk if necessary. Do not overmix. Carefully add the strawberries, reserving 1 slice for the top of each muffin. Divide the muffin mixture between the pans (fill 2/3), add strawberry slice to top and bake for about 15-20 minutes, or till skewer comes out clean.

Allow to cool in pan for five minutes before removing to cool on a wire rack.



*Pineapple  
Coconut  
Muffins*



# *Pineapple Coconut Muffins*

2 cups cake flour, sifted  
3 tsp baking powder  
½ tsp salt  
¾ cup white sugar  
1 egg  
1 cup milk  
¼ cup sunflower oil  
½ c desiccated coconut  
1 cup tinned crushed pineapple, drained (use 440 g tin – rest to be used in icing below)  
1 tsp allspice

Preheat oven to 400 oF (205 oC).

Stir together the flour, baking powder, salt and sugar in a large bowl. Make a well in the centre. In a small bowl or 2 cup measuring cup, beat egg with a fork. Stir in milk and oil. Pour all at once into the well in the flour mixture. Add the coconut, crushed pineapple and allspice.

Mix quickly and lightly with a fork until moistened, but do not beat. The batter will be lumpy. Pour the batter 2/3 full into muffin pan cups. Bake for 15 – 20 min, or until golden. Makes more than 12 muffins – depending on your muffin pan size.

## **Icing:**

1 cup Greek yoghurt  
½ cup icing sugar  
1/3 cup crushed pineapple  
¼ cup desiccated coconut

Whip together and let stand in fridge for 30 min. Spoon over cooled muffins, sprinkle with honey and decorate with flaked almonds or unsalted cashew nuts.

*Tiramisu  
Cupcakes*



# Tiramisu Cupcakes

## **Cupcake:**

1 cup cake flour, sifted  
1 tsp slightly heaped baking powder  
½ tsp salt  
2 XL eggs, separated  
¼ cup strong, black coffee  
1 tbsp Kahlua or other coffee liqueur  
(*substitute with strong black coffee or coffee essence*)  
¾ cup white sugar  
Pinch of salt

## **Mascarpone cream:**

4 egg yolks  
2 - 4 tbsp caster sugar (*to taste*)  
2 - 4 tbsp Kahlua (*or substitute to taste*)  
460 g Mascarpone (*substitute - cream/cottage cheese*)

**For sprinkling:** Kahlua (or substitute)

**Decoration:** Dark chocolate to grate and/or chocolate coated coffee bean

Preheat oven to 350°F/180 °C. Mix flour, baking powder, and salt together and set aside.

Whip egg yolks with ½ cup sugar till thick & creamy. Gradually add coffee and Kahlua® or substitute, whipping continually. Gradually fold dry ingredients into mixture, using a whisk, set aside.

Beat egg whites with salt to form moist peaks & gradually beat in remaining ¼ cup sugar. Continue beating until egg whites are stiff - not dry. Stir 3 tbsp of the whites into yolk mixture, gently fold in remaining whites. Spoon batter into 12-hole muffin pan, filling 2/3 full. Bake for about 10-15 minutes or till tester inserted in centre comes out clean. Remove from oven and cool.

When cupcakes are cool, poke tops with fork a few times & sprinkle tbsp of Kahlua® or substitute over each muffin.

**Mascarpone cream:** Beat egg yolks with sugar till light & fluffy. Beat in Kahlua® or substitute. Gradually add mascarpone, beating continually. Pile cream on cupcakes, decorate with chocolate coated coffee bean and sprinkle with chocolate.

**Chocolate coated coffee bean:** Melt chocolate and cover coffee bean with it, let harden.



*Baklava Muffins*

# *Baklava Muffins*

## **Filling:**

100 g pecan nuts, chopped  
80 ml light brown sugar  
7 ml cinnamon powder  
50 g melted butter

## **Batter:**

500 ml cake flour, sifted  
10ml baking powder  
2.5ml bicarbonate of soda  
80ml caster sugar  
250ml buttermilk  
60g butter melted  
60 ml honey  
1 egg  
extra honey

Combine all filling ingredients and mix well. Keep aside.

Place flour, baking powder, bicarb and caster sugar in a bowl. Combine the buttermilk, melted butter, honey and egg in a separate bowl and mix well. Add to the dry ingredients and mix taking care not to over mix.

Fill greased muffin pans 1/3 of the way up with the batter. Sprinkle with a little of the filling mixture, cover with the remaining batter and top with remaining filling till 2/3 full. Bake at 200 oC for 15 - 20 minutes or till skewer comes out clean. Remove from oven and drizzle honey over each muffin.