

# Instruction paper (by own words). subject: blueberry muffin

[Linguistics](#), [English](#)



Instructions: Blueberry Muffins Introduction: The blueberry muffin, the official muffin of Minnesota, requires much skill and hard work in order to produce one (Whiting). Although it may seem easy to make a blueberry muffin, the process is actually harder than most people think. If too much flour is included, then the muffin may feel dry in your mouth. On the other hand, if the ingredients are not mixed together well, then the muffin may appear gooey and underdone. The history of the blueberry muffin is simple: add any type of fruit to a plain muffin and call a muffin of that fruit. There is one theory that explains how muffins came about: when Europeans came to America, they did not have access to bilberries to cook with. As a substitute, American settlers used blueberries after witnessing the Native Americans using them in their cooking (Whiting).

Ingredients:

The amount of ingredients to be used for making blueberry muffins depends on the number of muffins that you want to make. Essential ingredients include flour, baking soda, baking powder, sugar, blueberries (obviously!), egg, milk, vanilla, and butter. While these ingredients should be mixed to enough that the muffins are well-cooked, you should also be careful not to mix the ingredients too much, as the muffins may turn out hard and rubbery (crazyfemale). For approximately 18 muffins, the following quantities of ingredients should be used:

3 cups of flour

1 teaspoon of baking soda

1 teaspoon of baking powder

1 cup of sugar

2 cups of blueberries (frozen are fine)

1 egg

2 cups of milk

1 teaspoon of vanilla

240 grams of butter (preferably melted)

Utensils:

Two bowls

Spatula

Muffin pans

Muffin liners

Cooking spray

Oven

Wire rack (for cooling afterwards!)

Step 1: Mixing Ingredients

All the dry ingredients (flour, baking soda, and baking powder) should be sifted in a large bowl. After this, add the sugar and mix with the spatula. Then this bowl should be set aside and all the wet ingredients (egg, milk, vanilla, and butter) should be mixed in another bowl with the spatula. Once mixed, the two bowls should be combined and mixed thoroughly; the blueberries can be added once this is done (Mitzewich).

Step 2: Preparing Pans and Oven

Once your mixture is ready, you should turn on your oven to around 392 degrees Fahrenheit (roughly 200 degrees Celsius). You will then need to prepare the muffin pans. First, spray all the muffin pans with cooking spray so that the mixture does not stick to the pan; fill the muffin pans with the

mixture and make sure that it is evenly spread so that the muffins are all of equal size (Mitzewich).

### Step 3: Cooking Time

Because your oven will already be heated at a temperature of almost 400 degrees Fahrenheit, it will only take around 15 minutes for the muffins to be ready. Once this time is up, the muffins should be slightly golden on top. One test to use to see if they are ready is to gently poke a fork into one of the muffins; if the fork comes back clean, then the muffins are ready to be taken out of the oven.

### Step 4: Cooling Down

When the muffins are ready, take the muffin pans out of the oven and set them on the wire rack. Once five minutes has passed, the muffins should have cooled down enough for you to be able to remove them from the muffin pans (crazyfemale).

### Conclusion:

Blueberry muffins are not only fun to make, but they are also very healthy for you. Blueberries contain an abundance of vitamin C, which will help you to boost your immune system and also fight off other illnesses (Whiting). One word of warning: be careful not to add too much sugar, otherwise the negatives of blueberry muffins will definitely outweigh the positives.

### Works Cited

crazyfemale. " Blueberry Muffins." 31 March 2008. Best Recipes. 1 November 2012 .

Mitzewich, John. " The Best Blueberry Muffins." 2012. About. com. 1 November 2012 .

Whiting, Connie. “ Blueberry Muffin Facts.” 2012. ehow. com. 1 November 2012 .