

HAM AND CHEESE MUFFINS

Recipe from PorkBeInspired.com • Prep Time: 10 minutes • Cook Time: 20 minutes • Yield: 12 muffins

Ingredients:

- 2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 cup buttermilk
- 1/4 cup vegetable oil
- 8 ounces ham steak, boneless, diced
- 1 1/2 cups Cheddar cheese, grated

Cooking Directions:

1. Heat oven to 400 degrees F.
2. Lightly grease and flour 12 regular muffin tins.
3. In a large bowl stir together the flour, baking powder and salt; set aside.
4. Whisk together the egg, buttermilk and oil in a small bowl.
5. Stir in the ham and cheese.
6. Using a rubber spatula, stir the egg mixture into the dry ingredients just until combined. Do not overmix.
7. Spoon into each of the prepared muffin tins approximately 3/4 full.
8. Bake until golden brown, about 20 minutes.
9. Remove from muffin tin and let cool.

Serving Suggestions:

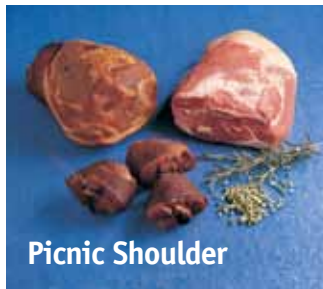
These savory muffins are fun to make—and they're great for breakfast, in a lunchbox or as an after-school snack. Try one of these variations:

- Bacon and Cheese Muffins: Substitute 6 slices bacon, diced and panbroiled, for the ham.
- Sausage and Cheese Muffins: Substitute 8 ounces pork sausage, cooked, crumbled and drained, for the ham.



Shoulder Butt

Upper row (l-r):
Bone-in Blade
Roast, Boneless
Blade Roast
Lower row (l-r):
Ground Pork,
Sausage,
Blade Steak



Picnic Shoulder

Upper row (l-r):
Smoked Picnic,
Arm Picnic
Roast
Lower row:
Smoked Hocks



Side

Top:
Spareribs
Bottom:
Slab Bacon,
Sliced Bacon



Leg

Upper row (l-r):
Bone-in Fresh
Ham, Smoked
Ham
Lower row (l-r):
Leg Cutlets,
Fresh Boneless
Ham Roast

Loin



**Tenderloin &
Canadian-Style Bacon**



Ribs

Left: Tenderloin
Right: Canadian-Style Bacon

Left: Country-Style Ribs
Right: Back Ribs



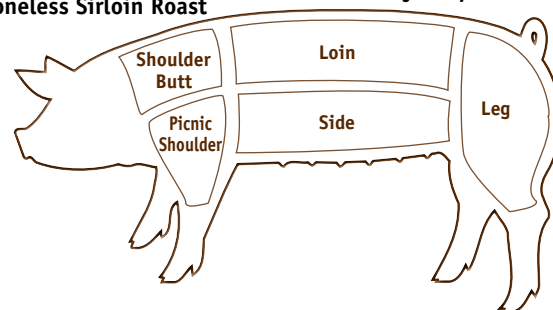
Roasts

Upper row (l-r):
Center Rib Roast (Rack of Pork),
Bone-in Sirloin Roast
Middle:
Boneless Center Loin Roast
Lower row (l-r):
Boneless Rib End Roast,
Boneless Sirloin Roast



Chops

Upper row (l-r):
Sirloin Chop, Rib Chop,
Loin Chop
Lower row (l-r):
Boneless Rib End Chop,
Boneless Center Loin Chop,
Butterfly Chop



MANY SHAPES OF PORK ROASTS

Cut Loose!

When shopping for pork, consider cutting traditional roasts into a variety of shapes



CHOPS: Dinner, backyard barbecue or gourmet entree



CUBES: Great for kabobs, stew & chili



STRIPS: Super stir fry, fajitas & salads



CUTLETS: Delicious breakfast chops & quick sandwiches

HAM IT UP

Instructions: Each kitchen group cuts apart steps to making muffins. Work as a team and place these steps in a meaningful sequence. When finished check with teacher or compare your answers with recipe.

Dice and weigh 8 ounces of ham.	Get out utensils (see list).
Lightly grease and flour muffin tin.	In separate bowl whisk together buttermilk, oil and egg.
Wash hands. How will you keep your clothes clean & hair out of food?	Bake until golden brown. Remove from muffin tin and let cool.
Place on rack in middle of oven. Set timer for 20 minutes.	Preheat oven to 400 degrees Fahrenheit.
Measure: 1 cup buttermilk and ¼ cup vegetable oil Crack egg out of shell into small bowl.	Stir in ham and cheese to liquid ingredients.
Spoon batter into each of the prepared muffin tins, approximately ¾ full.	Measure in bowl and stir: 2 cups flour, 1 tablespoon baking powder and ½ teaspoon salt
Grate 1½ cups of Cheddar Cheese.	Using a rubber scraper, stir egg mixture into bowl and dry ingredients just until combined. Do not <u>over mix</u> . Muffin batter is lumpy.

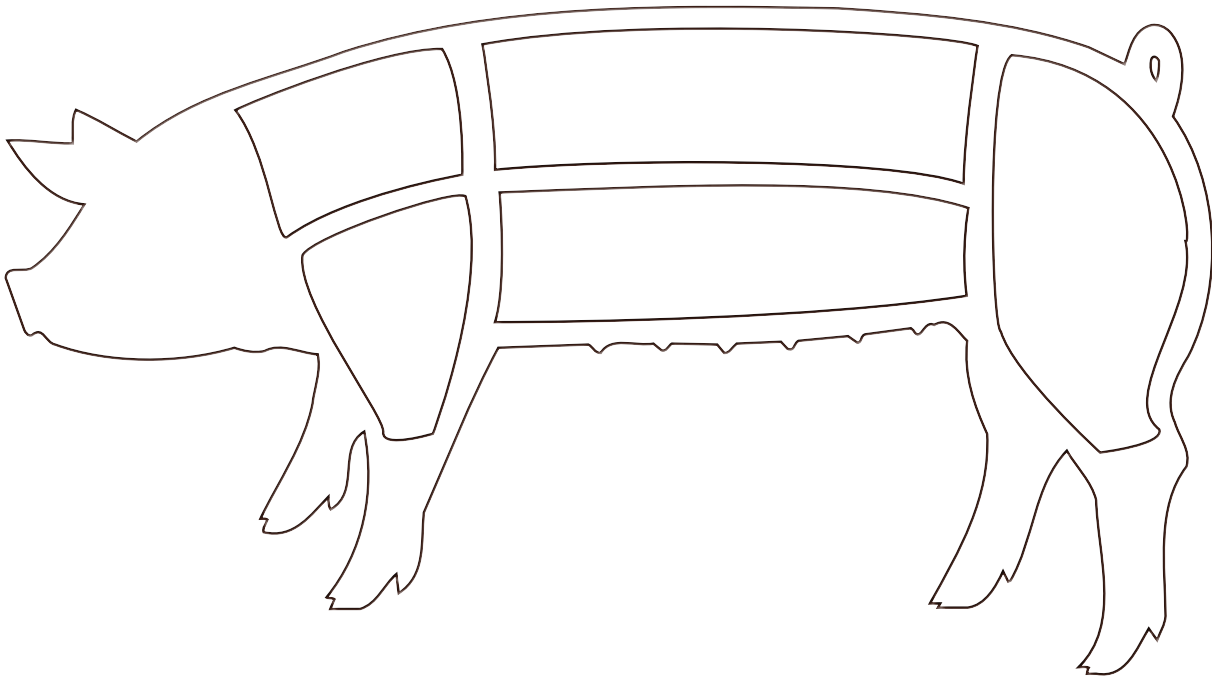


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FCS Lesson Plans: STUDENT GUIDE
Ham & Cheese Muffins

PORK BASICS

Label the primal (wholesale) cuts of pork.



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Ham & Cheese Muffins

TIME MATTERS

Instructions: Glue the steps to Ham & Cheese Muffin recipe in the order you will be following. Label each step with the name of the person responsible for it. Check utensil list—what do you need to add? Who will get out the utensils?

Dry 1 cup measure	2 mixing bowls	Muffin tin
Dry ½ cup measure	Mixing spoon	Pot holders
Measuring spoons	Rubber scraper	Wire cooling rack
Straight edge	Grater	Utility knife
Liquid 1 cup measure	OPTIONAL – wax paper	OPTIONAL – plastic bags





FCS Lesson Plans: STUDENT GUIDE
Ham & Cheese Muffins

TAKE YOUR RECIPE HOME

Instructions: How about surprising your family by preparing them a delicious snack or awesome surprise? Prepare recipe from class at home and record your results below. Staple the recipe you used to this form. Reminder – get an adult’s comments and signature.

Recipe:	Date Prepared:
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Use 3 words to describe the food you made.

What did you do a good job at?

What could have used some improvement?

Adult’s comments and Signature:

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