

## TASTE WITHOUT WASTE

### Cheesy Chilli Onion Muffins

Makes 12 muffins.

#### Ingredients

100g wholemeal flour  
175g plain white flour  
3 tsps baking powder  
½ tsp salt  
Pinch cayenne pepper  
¼ tsp dry mustard  
1 tbsp sugar  
50g butter  
3 eggs, beaten  
200ml milk  
150g vintage cheddar, finely grated  
2 French shallots, finely chopped  
1 tsp olive oil  
1 tbsp parsley, finely chopped  
Little extra cheese for topping

#### Method

Preheat oven to 190C. Grease a 12 hole 1/3 cup capacity muffin tin.

Heat oil in a small fry pan over a low heat and sweat shallots until soft. Remove from heat, transfer to a bowl and leave to cool.

Melt butter gently, either in a small pot or in the microwave. Leave to cool slightly (if it is too hot it will curdle the eggs).

Sift flours, baking powder, salt, cayenne pepper and mustard into a large bowl. Stir through sugar.

Combine grated cheese and parsley with shallots and stir through dry mixture, breaking up any clumps of cheese that may have formed.

In another bowl whisk together eggs and milk, then add the melted butter.

Create a well in the centre of the dry ingredients and slowly pour in the liquid mixture. Use a spatula or large metal spoon to gently fold the liquid through until they just come together and there are no pockets of flour. Don't over mix – beating will lose air. It doesn't matter if there are a few lumps here and there.

Spoon into the greased muffin pan (the mixture should almost completely fill each hole). Sprinkle a little extra grated cheese on top.

Bake for 20-23 minutes or until nicely risen, golden brown and firm to touch.

Cool in pan for 2 minutes, then transfer to a wire rack to cool further.

Source: Inspired by recipe from [Sam Stern's Get Cooking](#).

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