

# Tomato & Basil Risotto

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic, onion, tomato

**Equipment:**  
medium saucepan  
measuring jug  
large pot  
measuring spoons  
tea towel  
cook's knife  
chopping board  
mixing spoon  
small saucepan  
measuring scales  
ladle  
wooden spoon  
grater

**Ingredients:**

- 1.5 L stock (chicken or vegetable)
  - 3 tbsp extra virgin olive oil
  - 1 large onion, finely chopped
  - 3 cloves garlic, finely chopped
  - ¼ head celery, finely chopped
  - 400 g risotto rice
  - 1 tsp butter
  - 1 small handful parsley, finely chopped
  - 50 g parmesan, grated
- For the tomato and basil sauce:
- 60 mini plum or cherry tomatoes, halved
  - 50 ml olive oil
  - 4 large garlic cloves, finely chopped
  - 2 large handfuls basil, torn
  - ½ tsp salt
  - ½ tsp black pepper

**What to do:**

1. Heat the stock in a medium saucepan.
2. Heat the olive oil in a large pot, then add the onion, garlic and celery, and cook slowly for 10 minutes.
3. For the sauce, add the tomatoes to a small saucepan with the olive oil, garlic, basil leaves, salt and pepper. Stir and turn the heat to as low as possible, then cook for 10 minutes.
4. Add the rice to the large pot with the onion, garlic and celery mix. Turn up the heat a little and keep stirring. After a minute the rice will look slightly translucent.
5. Add your first ladle of hot stock to the rice and stir.
6. Turn down the heat and continue to add stock, stirring and allowing each ladle to be absorbed by the rice before adding the next. Continue until you have used all the stock.
7. Test the rice – it should be soft but with a slight bite.
8. Add your tomato mix to the risotto and stir through.
9. Remove the risotto from the heat and add the butter, parsley and parmesan.
10. Cover and rest for 2 minutes before serving.

# Seasonal Fruit Muffins

Season: All

Makes: 36 small muffins

Fresh from the garden: eggs, seasonal fruit

Choose fruit that you have in season and that you think will work well in a muffin.

**Equipment:**

- measuring cup
- large bowl
- 2 mixing spoons
- small bowl
- tea towel
- chopping board
- cook's knife
- 3 x 12-hole muffin trays
- baking paper or extra oil for greasing

**Ingredients:**

- 3 cups self-raising flour
- 1 cup castor sugar
- 1 cup of seasonal fruit, roughly chopped
- ¾ cup natural yoghurt
- 2 eggs
- ¾ cup sunflower oil

**What to do:**

1. Preheat the oven to 180°C.
2. Mix the flour and sugar together in a large mixing bowl.
3. Create a well in the centre of the flour mix.
4. Mix together yoghurt, eggs and oil in a small bowl.
5. Pour egg mix into the flour and gently combine, gradually adding the chopped fruit (don't over work the batter).
6. Place muffins into lined or lightly greased muffin tins.
7. Allow the muffins to rise for 5–10 minutes.
8. Place muffins into the oven and bake for 20–25 minutes.

## Stay-Moist Apple Muffins!

**Recipe VIDEO above.** These muffins are a miracle - they stay moist for 4 to 5 days!! **KEY TIP:** Do not over mix batter (causes dry muffin), stir until flour is just incorporated, few lumps is fine. This recipe will work with cup measures regardless of which country you are in, with the exception of Japan - please use weights provided.



★★★★★  
4.94 from 94 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Baking Cuisine: Western Keyword: apple muffins, moist muffins  
Servings: 11 - 12 muffins Calories: 253cal Author: Nagi

**Ingredients**

- 2 level cups apple pieces (peeled), 0.7 cm / 1/3" cubes (2 large apples, 1 use red)
- 1 tbsp melted butter, for muffin tin (or use paper liners)

**Wet:**

- 115g / 0.5 cup unsalted butter, melted (1 stick)
- 1 cup (200g) brown sugar, packed
- 2/3 cup (165 ml) milk (low fat, full fat, non dairy also fine)
- 1 large egg (approx 60g / 2 oz)
- 1 tsp white vinegar (or any other clear vinegar)

**Dry:**

- 2 cups (300g) wholemeal flour (wholewheat flour)(white also ok, Note 1)
- 1 tsp baking soda (bi carb) (NOT baking powder)
- 1 tsp cinnamon powder
- Pinch salt

**Topping (optional):**

- 2 tbsp raw sugar (demerara sugar - large granules)

**Instructions**

1. Preheat oven to 200C/390F.
2. Brush a 12 hole, standard muffin tin with melted butter, or line with paper cases. (Note 3)
3. Place butter and brown sugar in a bowl, whisk to combine.
4. Add milk, then egg and vinegar. Whisk to combine.
5. Scatter flour across batter surface, followed by baking soda, cinnamon and salt. Whisk 10 times until the flour is incorporated - some lumps is fine.
6. Stir through apple - minimum stirs just to disperse.
7. Scoop batter into muffin tin - I use an ice cream scoop - filling it all the way to the top. If using a scoop, leave it the slight ball shape (see video) - don't smooth the top. You should get 12 (see Note 3).
8. Sprinkle with sugar (if using - makes surface slightly crispy), place muffins in the oven.
9. Immediately turn down to 180C/350F.

10. Bake for 20 minutes (standard) or 18 minutes (fan / convection), or until a skewer comes out clean.
11. Rest in the muffin tin for 5 minutes then transfer to a rack to cool.
12. Once fully cooled, store in an airtight container - it will stay moist for up to 5 days. These also freeze very well.

**Notes**

1. **Flour** - I like using wholewheat flour for these, but it works perfectly with plain / all purpose white flour as well. The muffins will be a bit paler and they are even softer. (They are soft with the wholewheat too, it's just they are even softer with white flour).
2. **TIP:** Chop the apple up into small pieces, otherwise it has a tendency to make the muffin seem too crumbly, noting that this muffin batter only uses 1 egg (which is a reason why it's so moist but also means the crumb is not as tightly bound as muffin mixes that use 2 eggs, so you need to ensure the apple pieces are chopped fairly small).
3. **MUFFIN TIN SIZES:** There are mini, standard and jumbo muffin tins. This recipe is for standard muffin tins. Standard muffin tin sizes do differ slightly here in Australia - there are 1/3 and 1/2 cup muffin tins. You should get 12 out of this recipe either way because with the 1/3 cup, the batter mounds slightly over the top of the muffin tin hole plus there is a bit left over. With the 1/2 cup, it fills 12 holes pretty much to the top, scraping every bit of batter out of the bowl.
4. **CAKE/LOAF:** Don't use this recipe for a cake or loaf, the crumb is too delicate. Use this recipe (YES it is moist too!) -> <https://www.recipetineats.com/easy-apple-cake-recipe/>
5. **STORING:** These keep so great in an airtight container for 4 to 5 days, they stay really nice and moist but it's it's really hot and/or humid where you are, keep them in the fridge.  
The crunchy top does soften overnight, as it does with anything with a sugar topping. These are also terrific FROZEN - then just defrost before consuming, and yes they are moist even without reheating. :)

**HUMIDITY warning!** If it's super humid and hot where you are (eg Sydney in summer!) these are prone to becoming mouldy because they are **so moist!** So store them in the fridge.

6. **Recipe adapted** from these Brown Sugar Muffins by Taste and Tell.

7. **Different measures in different countries** - read more here. This recipe is fine to use as written irrespective of what country you are in - except Japan, use weights and ml, not Japanese measuring cups.

8. **Nutrition** assuming 12 muffins.

different-measur...ferent-countries/

**Nutrition**

Serving: 103g | Calories: 253cal