

BISCUITS, MUFFINS & SCONES

BISCUITS: CHILD

Cheese and Chive Butter Biscuits

By Sophia Buonomo, Age 11 of Howell, NJ – 1st Place

Ingredients:

- 2½ cups self-rising flour
- ½ cup (1 stick) butter, frozen
- 1 cup chilled buttermilk
- 2 tablespoons of butter, melted
- 2 tablespoons of chives
- ¾ cup of cheddar cheese
- 2 teaspoons of garlic seasoning

Instructions:

1. Preheat the oven to 475°F.
2. Measure out flour, and grate frozen butter directly into the flour, tossing to coat from time to time.
3. Chill in the freezer for 10 minutes.
4. Make a well in the flour and add buttermilk.
5. Add the cheese and chives, stir 15 times just until the flour is moistened and the add-ins are fully incorporated.
6. Turn dough out onto a lightly floured surface and shape into a long rectangle. Fold each end of the dough into the center, then roll out with a floured rolling pin in a long rectangle again. Repeat 3 times.
7. Roll dough to ¾-inch thickness.
8. Dip 2½-inch round cutter in flour, then cut out the biscuits. Make sure not to twist the cutter and re-flour the cutter between biscuits.
9. Line a baking sheet with parchment and arrange biscuits close together.
10. Bake for 15 minutes or until golden brown.
11. Melt two tablespoons of butter and garlic seasoning, then brush tops of biscuits after removing from oven.

MUFFINS: TEEN

Lemon-Poppy Seed Zucchini Muffins

By Marielle Hanigand, Age 14 of Red Bank, NJ – 1st Place

Prep Time: 30 minutes

Cook Time: 23-25 minutes

Total Time: 1 hour (plus cooling)

Servings: 12 muffins

Ingredients:

- 1 lemon
- 1 cup sugar
- 2 teaspoons poppy seeds
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup vegetable oil
- ¼ cup buttermilk or plain yogurt (not Greek)
- ½ teaspoon pure vanilla extract
- 2 large eggs
- 1 cup packed grated zucchini (about 1 zucchini)

Instructions:

1. Preheat the oven to 350°F. Line a 12-cup muffin pan with paper liners. Using a vegetable peeler, remove the zest from the lemon in wide strips, being careful not to remove the white part (called the pith). Put the lemon zest and sugar in a food processor and process until the zest is finely chopped, scraping the sides of the food processor with a rubber spatula. Scrape the lemon sugar into a small bowl and stir in the poppy seeds.
2. Mix the flour, baking soda, baking powder and salt in a large bowl with a whisk. In a medium bowl, whisk the vegetable oil, buttermilk, vanilla and eggs. Set aside 3 tablespoons of the lemon-poppy seed sugar, then add the rest of the lemon-poppy seed sugar to the bowl with the buttermilk mixture. Add the buttermilk mixture to the flour mixture and stir with a rubber spatula until just combined. Stir in the grated zucchini.

3. Spoon the batter three-quarters evenly into the muffin cups. Tap the bottom of the pan lightly against the counter to smooth out the batter. Sprinkle the tops of the muffins with the remaining 3 tablespoons lemon-poppy seed sugar. Bake until a toothpick inserted into the center of a muffin comes out clean, 23 to 25 minutes. Let the muffins cool for 5 minutes in the pan, then remove from the pan and let cool completely on a rack.

Zucchini Pear Muffins

By Giuletta Sokolowski, Age 13 of Marlboro, NJ – 2nd Place

Servings: 24 muffins

Ingredients:

- 3 large eggs
- 1 cup vegetable oil
- 1 tablespoon pure vanilla extract
- 2 cups of sugar
- 2 cups grated unpeeled zucchini
- 2½ cups King Arthur all-purpose flour
- 1 teaspoon salt
- 1 teaspoon of baking soda
- ¼ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 12 oz can pear slices

Instructions:

1. Preheat the oven to 350°F.
2. In a large mixing bowl, beat eggs until foamy.
3. Add oil and sugar to eggs, mix until combined.
4. Add vanilla.
5. Stir in grated zucchini until well coated.
6. Combine dry ingredients in a medium mixing bowl. Add to egg mixture.
7. Stir in cut up bite size pears.
8. Line a 12-cup muffin pan with paper liners. Pour into muffin cup.
9. Bake at 350°F for 30 minutes or until a toothpick inserted into the center of a muffin comes out clean.

MUFFINS: ADULT

Peanut Butter and Jelly Muffins

By Jeanne Mauritzen of Holmdel, NJ – 1st Place

Ingredients for the Muffins:

- 6 tablespoons softened butter
- ½ cup sugar
- 1 egg
- 1 cup flour
- ⅓ cup natural peanut butter
- ¼ cup milk
- 1 jar of strawberry preserves or jelly

Ingredients for the Crumb:

- 2 tablespoons brown sugar
- 2½ tablespoons sugar
- ⅛ salt
- ¼ cup butter, melted
- ¾ cup flour

Instructions for the Muffins:

1. Preheat the oven to 350°F. Line a 6-cup muffin pan with paper liners.
2. In a medium sized bowl cream butter, sugar, egg, and peanut butter.
3. Add alternately flour and milk, blend completely.
4. Pour ½ batter to 6 muffin pan.
5. Top with strawberry preserves or jelly.
6. Add balance of batter and put a drop of strawberry preserves or jelly on top.
7. Add crumbs and bake for 30 minutes.

Instructions for the Crumb:

1. Combine all ingredients (brown sugar, sugar, salt, melted butter, and flour).
2. Stir until it is well mixed and crumbed together.