

Minichefs: bacon and cheese muffins

A few weeks ago we headed over to Hout Bay for a muffin-making-extravaganza with five minichefs. With polenta, cheese, bacon, corn and spring onions, these muffins make a healthy choice for summer picnics and, with a little bit of gooey cheese inside, they'll be gobbled up quick sticks.



Time Taken: 1 1/2 hours

Ages involved: 3-9 years old

Number of children: 5

Tools Used

[Muffin pan](#) or [silicone cupcake cases](#)

[Measuring cups](#)

[Measuring spoons](#)

Mixing bowls

Scissors

Sieve

Frying pan

Ingredients

1/2 cup polenta
1/2 cup milk
250g bacon rashers, cooked until just done, then left to cool
1/2 cup spring onion greens or chives
1 1/2 cups self-raising flour
1 tbsp castor sugar
1 tin sweetcorn, drained
1/2 tin creamed sweetcorn
100g melted butter
2 eggs, lightly beaten
300g cheddar cheese cut into 2cm cubes
1/4 cup coarsely grated cheddar cheese

Method:

1. Get all your ingredients and tools ready and remember to wash those hands.
2. Preheat the oven to 180°C.
3. Mix the polenta and milk in a bowl and leave to stand for 20 minutes to soften.
4. Cut or break up the cooked bacon and spring onions into small pieces. Use kid-friendly scissors for safe cutting.
5. Sieve the flour into a large mixing bowl and then add the castor sugar.
6. Add the sweetcorn kernels, creamed sweetcorn, chopped bacon and spring onions.
7. Next add melted butter, eggs and the milk and polenta mixture. Stir until just mixed, using only a fork so as not to make tough muffins!
8. Put a spoonful of the mixture into each muffin cup (remember to grease if using a muffin pan), then pop in a cube of cheese. Cover with the remaining batter and sprinkle grated cheese on top.
9. Bake in the oven for 20 minutes until well risen.
10. Turn out onto a wire rack and serve warm (watch out for that oozy cheese surprise!)

A hearty thanks to Caroline and her kids for sharing their muffins with us. They were a hit here at Yuppiefchef HQ.

Looking for more recipes to make with your kids? Check out all the recipes in our [Minichief series](#).