

3. Students could do the **Design brief: Making a meal in a microwave**. This task could be adapted e.g. the challenge could be only using one piece of equipment, such as an electric frypan or a conventional oven.

Your food productions can be based around the different cooking methods that you are focusing on. For example, if your students are doing the design brief **Making a meal in a microwave**, they could do a food production using this piece of equipment.

4. Make the Cheese and chive muffins. You could divide to class into groups with one making the muffins using a conventional oven; the others following the microwave method. Then students could do a sensory analysis.

This activity could also be extended to cover different properties of food e.g. aeration, the role of ingredients (such as starch, eggs) and browning reactions or even the use of different equipment (muffin pans). Students could explain reasons for parts of the process e.g. why the muffin mixture should still be lumpy.

Cheese and chive muffins

Number: 6 large, 12 small

Ingredients

- 1½ cups (225g) self-raising flour
- ½ cup (60g) grated tasty cheese
- 2 tablespoons chopped chives
- 2 tablespoons (40mL) canola oil or melted dairy blend
- ¾ cup (190mL) milk
- 1 egg, beaten

Method

1. Set oven at 200°C. Brush or spray muffin pans with oil.
2. Mix flour, cheese and chives.
3. Beat oil with milk and egg.
4. Using a knife, stir milk mixture into flour until just mixed and muffin mixture still lumpy.
5. Place mixture in muffin pans and bake at 200°C for 15–20 minutes.
6. Serve warm with butter, margarine or dairy blend.

Recipe source: Cookery the Australian Way, 8th ed, p. 403

Microwave method

Using microwave pans, cook on high power for 4 minutes.