

Fun with Fats

Ingredients and utensils

- A mixer
- A bowl
- Muffin/cupcake pan
- 4 eggs at room temperature
- 200 ml orange juice or milk
- 200 grams white sugar
- 150 ml oil
- 1 teaspoon vanilla extract
- 300 grams flour
- Pinch of salt
- 10 grams baking powder
- Zest from two oranges
- Powdered sugar for topping

The experiment

1. Preheat oven to 170°C.
2. In the bowl of a mixer, whisk together eggs, sugar, vanilla extract, salt, and orange zest, until the mixture is light and fluffy. Divide the mixture into three separate bowls.
3. Combine the liquids - orange juice/milk and oil - in three small bowls as follows: Pour 120 ml orange or milk juice into one bowl, without adding any oil; pour 50 ml oil and 70 ml orange juice or milk into the second bowl; Pour 100 ml oil and 20 ml orange juice or milk into the third bowl.
4. Gently pour each liquid mixture into one of the large bowls with the whipped mixture. Then, continue whisking at medium speed.
5. Mix the flour and baking powder well. Divide the mixture of dry ingredients into three equal parts, adding one to each of the whipped mixture bowls. Gently fold to combine, until the mixture is uniform.
6. Transfer the batter to a greased muffin pan and bake for 35-45 minutes, or until a toothpick inserted into the center of the muffins comes out with moist crumbs attached.
7. Cool the muffins at room temperature.
8. Sprinkle powdered sugar and serve.
9. Remember to note the changes you made in the recipe.