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Chefs wedge favorites into muffin tins

By JENNIE GEISLER, Erie Times-News

jennie.geisler@timesnews.com

It's hard to resist small, handheld versions of favorite dishes. While these Taco Cups really aren't much smaller than the real thing, they have a compact, adorable look that appeals to our recent less-is-more attitude toward our food.

Partially in response to consumers' desire for smaller portions, the trend toward smaller food is also fed by the "cute" factor. While that's tough to measure, it's impossible to deny.

It explains the recent appeal of "fun-sized" items such as cake pops, sliders, miniature candy bars and cupcakes. And now, it seems, there are few dishes that can't be wedged into a muffin tin, leading to books such as "Muffin Tin Chef," by Matt Kadey.

In the same week that I made these Taco Cups from that book, I got another tome in the mail: "The Muffin Tin Cookbook," by Brette Sember and Melinda Boyd.

Apparently there's nothing small about this huge trend.

JENNIE GEISLER can be reached at 870-1885 or by e-mail. Follow her on Twitter at twitter.com/ETNgeisler. Read the Loaves&Dishes blog at GoErie.com/blogs/loaves.