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Have fun with muffin tin recipes

Vera White

Cookbook Corner

Author Brette Sember writes, "Muffin tin cooking is fun, exciting, and creative!" in her

introduction to "The Muffin Tin Cookbook." The 223-page paperback cookbook is hot

off the press and from all reports, rapidly becoming a best seller.

I received a review copy of this cookbook last week, and according to the press

release, this is the first one ever to exclusively feature muffin tin recipes and what a

great selection — everything from appetizers to sides, gourmet entrees and desserts.

And the best part (besides the tasty goodness): It's fast, easy, mess-free and

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provides built-in portion control.

In addition to the 200 recipes, the cookbook also has a chapter on muffin tin types

and sizes, pan liners and directions for making various crusts. Also, each recipe

comes with full nutrition data.

Sember is the author of "The Organized Kitchen" and 'The Parchment Paper

Cookbook." She is a member of the International Association of Culinary

Professionals and the American Society of Journalists and Authors. She resides in

Buffalo, New York.

Boyd lives in Baltimore, Maryland and is a dietician with more than seven years of

experience working in the clinical and food service settings.

Below are some of my top picks from "The Muffin Tin Cookbook."

Corn Chip Nachos

- 1/2 pound lean ground beef
- 1/2 cup salsa (your choice of heat)
- 2 cups Fritos, plus additional for topping
- 1 cup shredded taco cheese
- 4 teaspoons chopped green chiles

Preheat oven to 400 degrees, and prepare 8 jumbo muffin cups with foil or silicone

liners. Cook beef in a pan until browned. Stir in salsa, and cook until reduced.

Place 1/4 cup Fritos in each cup. Top with 1 tablespoon cheese in each cup. Top with

beef, divided among cups. Top with 7 or 8 Fritos in each cup. Sprinkle with 1/2

teaspoon chiles on each.

Bake for 5 minutes or until cheese is melted.

Makes 8.

Meatballs in Spaghetti Nests

- 2 cups cooked spaghetti, cut into $\frac{1}{4}$ inch pieces
- 2 eggs
- salt and pepper
- 1 tablespoon tomato paste
- $\frac{1}{2}$ cup seasoned bread crumbs, divided
- $\frac{3}{4}$ cup grated Parmesan cheese, plus 2 tablespoons, divided
- 1 tablespoon olive oil
- 1 tablespoon cream
- $\frac{1}{2}$ pound lean ground beef
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon Italian seasoning
- 1 $\frac{1}{2}$ cups spaghetti sauce, plus more for serving

- pinch of sugar

Preheat oven to 400 degrees, and prepare 6 jumbo muffin cups with cooking spray or

silicone liners (spray these as well.

Mix spaghetti, one of the eggs, salt and pepper, tomato paste, ¼ cup breadcrumbs,

¼ cup Parmesan cheese, olive oil and cream.

Press spaghetti mixture into bottom and side of cups, going between 1/3 and 2/3 of

the way to the top. Bake for 12 minutes.

Mix beef, salt, pepper, onion powder, garlic powder, the other egg, ¼ cup bread

crumbs, Italian seasoning, 1 tablespoon spaghetti sauce, sugar, and 2 tablespoons

Parmesan in a bowl, then form into 6 meatballs.

Place 1 tablespoon spaghetti sauce into each nest, then top with meatball. Place 2

tablespoons sauce on top, then sprinkle remaining ½ cup

Parmesan cheese among

the cups.

Bake for about 22 minutes, until meatballs are cooked through. (Refer to meat

temperature chart for doneness). Serve with additional sauce and Parmesan cheese.

Make 6.

Croissant Bread Pudding

- 3 croissants, torn into 1-inch pieces
- 1 egg
- ½ cup heavy cream
- ½ cup mini chocolate chips
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon
- 1 tablespoon sugar

Preheat oven to 350 degrees and prepare 4 jumbo muffin cups with foil or silicone

liners.

Mix all ingredients together. Divide among muffin cups. Bake for 20 minutes until the

dessert is set and golden on top.

Makes 4.

"The Muffin Tin Cookbook"

By Brette Sember with Melinda Boyd

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