FROM THE KITCHEN OF REAL FOOD 4 KIDS Winter 2021 After School Cooking Club

Week 7: Strawberry Cupcakes

INGREDIENTS

Cupcakes

- 2 whole eggs plus 2 egg whites
- 3 cups of flour
- ½+ cup freeze dried strawberries
- 1 tablespoon baking powder
- ¾ teaspoon salt
- 1 cup milk + 2 tablespoons milk
- 12 tablespoons of unsalted butter, at room temperature
- 1 ½ cups sugar
- 2 teaspoons vanilla

Frosting

- 1 stick unsalted butter at room temperature
- 1/2 teaspoon vanilla
- 1 tablespoon milk
- pinch of salt
- 1 cup powdered sugar

Topping

A few strawberries

EQUIPMENT

- Cupcake pan and liners
- Hand mixer
- 2 mixing bowls, one large + one medium sized
- 2 small bowls for the eggs
- 1-2 spatulas + whisk (if you have one)
- Dry measuring cups and spoons and a liquid measuring cup
- Silverware (knife, fork, and spoon)
- Small ice cream scoop or 2 spoons
- Rolling pin and zip-top plastic bag
- Knife and small cutting board



DIRECTIONS

Cupcakes

- Preheat oven to 350°F. Line muffin cavities with paper liners.
- Place ½ cup freeze dried strawberries in a zip-top bag. Crush with a rolling pin.
- Crack the 2 whole eggs into a small bowl and add 2 egg whites. Remove any shells. Mix eggs + egg whites with a fork to combine.
- In a medium sized mixing bowl, combine flour, baking powder, salt, and freeze-dried strawberries, if using.
 Whisk to combine.
- In a large bowl, mix together butter and sugar using a hand mixer until well combined and light and fluffy (about 2 minutes). Add the eggs and mix again.
 Scrape down the sides. Add vanilla and mix again until well combined. Scrape down the sides one more time.
- To the bowl with the butter and sugar, add about ⅓ of the flour mixture and beat for about 15 seconds.
 Then, add about ⅙ of the milk and beat for about 15 more seconds. Scrape down the sides of the bowl.
 Add ⅙ of the remaining flour and beat for about 15 seconds. Then, add the rest of the milk and beat for about 15 seconds. Scrape down the sides of the bowl.
 Add remaining flour and beat again until well combined. Scrape the sides and bottom of the bowl and beat again if necessary.
- Use an ice cream scoop, fill the cupcake liners about 3/4 of the way. Bake at 350°F for 20 minutes.

Frosting

- Into a medium sized bowl, add 1 stick unsalted butter at room temperature, ½ teaspoon vanilla, and 1 tablespoon milk, and a large pinch of salt. Beat with a hand-mixer until light and fluffy. Then, add in 1 cup powdered sugar and beat until combined. Frost cupcakes once they are cool.
- Add a few sliced strawberries on top!