

## Mexican Muffins – *Mantecadas*

### Ingredients (for half a dozen; double amounts for a dozen)

1 cup	flour
1 tsp	baking powder
1/8 tsp	salt
2 large	eggs
½ cup	granulated sugar
1 tsp	vanilla
½ cup	milk
½ cup	oil



**Note:** Glassine red paper #72 baking cups are the standard for Mexican *mantecadas*, but if not available, any paper baking cups 4 cm (1 9/16") in height or taller may be used.

Line six muffin moulds in a tray with baking cups; reserve. Preheat oven to 400°F (200°C). In a bowl, mix together the flour, baking powder and salt. Reserve. Place eggs and sugar in a mixing bowl, and mix with an egg beater (or electric mixer); continue beating until sugar is completely dissolved, and the mixture changes colour to pale yellow. Incorporate oil, vanilla and milk, while continuing mixing. Sift reserved flour mix over the wet mix, and incorporate gently with a spatula. Continue mixing just until smooth and uniform; divide batter amongst prepared moulds. Place in the middle of preheated oven. Bake for 30-35 minutes, until the tops are golden-brown and a toothpick comes out clean when inserted in the centre of one *mantecada*.



Remove from oven, and transfer *mantecadas* to a rack, out of the tray, and allow to completely cool down before eating.

For a presentation closer to the original Mexican *mantecada*, any excess rim at the top of the baking cups may be trimmed with scissors, as shown here for the *mantecada* at the front:

