

FoodSense with Chef Feker

Chef Feker's Pumpkin Muffins

Yields: 12 muffins, 3 small loaves or 1 large loaf

Ingredients

1 (15 oz) can pureed pumpkin OR 1¼ cup fresh roasted & pureed pumpkin
1¾ cup brown sugar
½ cup (1 stick) butter, softened
3 whole eggs
3 cups all-purpose, unbleached flour
2 Tbsps baking powder
1 tsp ground cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
½ tsp salt
1½ cups chocolate chips
½ cup raisins soaked overnight in 2 cups White Zinfandel wine, drained & chopped

Directions

Preheat oven to 350 degrees.

Combine the brown sugar and butter in a mixer for 2 minutes until creamed together. Add pumpkin and eggs, cream again to combine. In a separate bowl, combine remaining dry ingredients except the chocolate chips and raisins.

Mix 2½ cups of the dry ingredients in the wet ingredient mixture; mix gently at a low speed. Add as much of the remaining ½ cup of dry ingredients as needed to achieve a moist, yet thick enough consistency that a spoon can stand upright in the mixture. Stir in chocolate chips and raisins.

Scoop the batter in greased muffin cups or a bread pan.

Bake on the middle rack of your pre-heated oven for 20 minutes. Test doneness by inserting a tooth pick in the center of the muffins or the bread. If it comes out clean, you are done. Turn off oven and let rest in the cooling oven for an extra 5 minutes.

Note: You will need about 20-25 minutes to bake muffins, about 25-30 minutes for the smaller bread loaves and 50 minutes for the large loaf.

Cool before serving. You can always glaze them with fresh Wisconsin honey or toast and serve in the morning with coffee.

About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker www.cheffeker.com and learn about his two restaurants, Zesti and Il Mito.



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