



OVEN BOTTOM MUFFINS

This month, we find ourselves in Lancashire, North West England, home of the Oven Bottom Muffin. Depending on where you are in the region, you might also hear them called Barm Cakes. This recipe includes VOLTEX improver and IREKS CRUMB SOFTENER for a muffin with a soft and fluffy texture.

The Oven Bottom Muffin provides a great base as a sandwich carrier with favourite fillings such as ploughman's, sausage, bacon, fish fingers and chips. Traditionally, the muffin was leavened with barm which is the foam that forms at the top of fermenting liquid during beer or winemaking. Breweries would sell the barm to bakers even after commercial yeast became available.

Lancashire

The County of Lancashire is steeped in history and has seen many a battle dating back hundreds of years. Since it did not exist at the time of the "Domesday Book", released in 1086, it is believed that the County of Lancashire was created in 1182.

Lancashire was a key player in the Industrial Revolution. There were a number of inventions that started to replace the long history of skilled weavers of the region. One such example was the introduction of the Spinning Jenny that was invented by James Hargreaves and patented in 1770. The machine allowed for more threads and yarns to be produced by fewer workers. Over time, efficiency was improved which ultimately led to lower prices.



Oven Bottom Muffins

using VOLTEX and IREKS CRUMB SOFTENER

Wheat flour	10.000 kg
Shortening	0.300 kg
VOLTEX	0.200 kg
IREKS CRUMB SOFTENER	0.100 kg
Salt	0.200 kg
Yeast	0.300 kg
Water	5.800 kg
Total weight	16.900 kg

Mixing time:	2 + 9 minutes, spiral mixer
Dough temperature:	25 - 26° C
Bulk fermentation time:	none
Scaling weight:	0.080 kg
Intermediate proof:	20 minutes
Instructions for use:	Turn after half of the baking time.
Final proof:	50 minutes
Baking temperature:	220° C
Baking time:	8 minutes