

Season:	Hōtoke (winter)/Kōanga(spring)
From the garden:	Rēmana (Lemons)
Type:	Paramanawa (snack)
Difficulty:	Wawaenga (medium)
Country of origin:	Aotearoa
Serves:	12 mawhene (muffins)
Source:	Nā Alison Holst (translated by Adrienne Thompson)

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### Ngā Taputapu/Equipment

- Ngā pae – muffin tins
- He kumete nui – a large bowl
- He kapu/He ipu ine-kītanga – cup/measuring jug
- 2 kumete iti – 2 small bowls
- 2 Pune – 2 spoons
- He kuoro – grater

### Ngā Kīnaki/Ingredients

#### Mō ngā mawhene/for the muffins

- Kia 2 kapu parāoa puehu rewena 2 cups self-raising flour
- Kia  $\frac{3}{4}$  kapu huka  $\frac{3}{4}$  cup sugar
- Kia 75k pata (1/3 kapu noni tunutunu rānei) 75g butter or 1/3 cup vegetable oil
- Kia 1 kapu miraka 1 cup milk
- Kia 1 hēki 1 egg
- Kia waruwarungia te kiri o 1 rēmana nui grated rind of one big lemon

#### Mō te pani reka/for the drizzle

- Kia  $\frac{1}{4}$  kapu wai rēmana  $\frac{1}{4}$  cup lemon juice
  - Kia  $\frac{1}{4}$  kapu huka  $\frac{1}{4}$  cup sugar
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### Tohutaka/How to make it

- Kia wera te umu ki 200°C. Heat the oven to 200°C.
- Whakahinuhinutia ngā pae komeke. Grease the muffin tins.
- Tikina he kumete nui. Get a large bowl.
- Konatuhiatu te parāoa puehu me te huka. Mix the flour and first measure of sugar.
- Tikina he kumete anō, whakawerahia te pata kia rewa, tāpirihia atu he miraka, te kiri rēmana, me te hēki. In another bowl, melt the butter, add milk, grated lemon rind and egg.
- Kōroriroria kia kōnanunanu. Stir until it is all combined.
- Tāpirihia atu ngā mea māku ki ngā mea maroke. Āta kōroriroria, kia kore ai e kūariari. Kia torehapehape kē. Add liquids to dry ingredients. Mix carefully. It shouldn't be smooth, but lumpy.
- Mahia e rua ngā pune. Komohia te ranunga ki ngā pae komeke 12. Use two spoons to put the mixture into the 12 muffin tins.
- Tunua ki te umu mō te 10-12 meneti. Kia tūpato, he wera! Bake in the oven for 10-12 minutes. Caution – hot! Ask an adult to help you with this.
- Konatuhiatu te wai rēmana me te huka. Kaua e rewa te huka. Riringihia te ranunga ki runga I ngā mawhene wera. Ka reka! Stir lemon juice and sugar together, without dissolving the sugar. Drizzle over the hot muffins. Delicious!

### Notes:

- Mena ka hiahia koe I te kai kore-reihuka (dairy free), mahia te noni tunutunu, me tētahi atu miraka. If you want to make dairy free muffins, use cooking oil and an alternative milk.