

Martian Muffins

(a local variant on the zucchini bread recipe on p. 553 of The Fanny Farmer Baking Book by Marion Cunningham – Knopf, 1984)

To maximize zucchini use: wash (don't peel or you lose the Martian effect), remove seeds from, shred, and freeze fresh zucchini (baseball-bat size is fine). Thaw and drain, squeezing out most of the water. Volume reduces by a factor of nearly four. Use the drained zucchini for the recipe. (Fresh works too.)

Can be baked in a loaf pan or in muffin tins. Baking as muffins in paper cups makes them very easy and convenient to store in freezer for future lunches and snacks.

This recipe makes 2 loaves or somewhere around 24 muffins (very roughly). It halves or doubles well.

3 c flour (½ white, ½ whole wheat)
1 Tablespoon baking powder
½ teaspoon baking soda
1 ½ teaspoons salt
2 teaspoons cinnamon
1 teaspoon nutmeg
½ teaspoon ground cloves or allspice
½ cup milk
2 eggs, slightly beaten
½ cup vegetable oil
½ cup sugar (or a little less)
2 cups shredded raw zucchini (see note above)
3 generous (adult) handfuls semisweet chocolate chips

Preheat oven to 350°F. Grease bread pans and/or line muffin tins.

Combine and stir together dry ingredients (except sugar and chocolate chips) and set aside.

Mix milk, eggs, oil, and sugar well; add and stir in zucchini. You may need to disentangle it from the beater periodically if using an electric mixer (but you really don't need an electric mixer – a wooden spoon works fine).

Add dry ingredients to wet; mix thoroughly; finally, stir in chocolate chips.

Bake about an hour, or until lightly browned outside and not sticky inside (a sharp knife should come out clean). Muffins take a bit less than an hour (45 min.); loaves may take more.