Muffins



A blueberry American muffin.



A toasted, buttered  [English muffin](https://en.wikipedia.org/wiki/English_muffin).

A **muffin** is an individual-sized, baked [quick bread](https://en.wikipedia.org/wiki/Quick_bread) product.

Muffins in the United States are similar to [cupcakes](https://en.wikipedia.org/wiki/Cupcake) in size and cooking methods, the main difference being that cupcakes tend to be sweet [desserts](https://en.wikipedia.org/wiki/Dessert) using cake batter and which are often topped with sugar frosting. Muffins are available in both savory varieties, such as cornmeal and cheese muffins, or sweet varieties such as blueberry, [chocolate chip](https://en.wikipedia.org/wiki/Chocolate_chip) or banana flavours. Muffins are often eaten as a [breakfast](https://en.wikipedia.org/wiki/Breakfast) food. [Coffee](https://en.wikipedia.org/wiki/Coffee) may be served to accompany muffins. Fresh baked muffins are sold by [bakeries](https://en.wikipedia.org/wiki/Bakery), [donut shops](https://en.wikipedia.org/wiki/Donut_shop) and some [fast food](https://en.wikipedia.org/wiki/Fast_food) restaurants and [coffeehouses](https://en.wikipedia.org/wiki/Coffeehouse). Factory baked muffins are sold at [grocery stores](https://en.wikipedia.org/wiki/Grocery_store) and [convenience stores](https://en.wikipedia.org/wiki/Convenience_store) and they are also served in some coffee shops and [cafeterias](https://en.wikipedia.org/wiki/Cafeteria).

Outside the [United Kingdom](https://en.wikipedia.org/wiki/United_Kingdom), an [English muffin](https://en.wikipedia.org/wiki/English_muffin) is a flatter disk-shaped, typically unsweetened bread of English origin. These muffins are popular in [Commonwealth countries](https://en.wikipedia.org/wiki/Commonwealth_of_Nations) and the United States. English muffins are often served toasted for breakfast. English muffins may be served with butter or margarine. English muffins may be topped with sweet toppings, such as jam or honey, or savoury toppings (e.g., round sausage, cooked egg, cheese or bacon). English muffins are typically eaten as a breakfast food.

**American muffins**

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Recipes for quick bread muffins are common in 19th-century American cookbooks. **Quick bread** is any [bread](https://en.wikipedia.org/wiki/Bread%22%20%5Co%20%22Bread) leavened with [leavening agents](https://en.wikipedia.org/wiki/Leavening_agent%22%20%5Co%20%22Leavening%20agent) other than [yeast](https://en.wikipedia.org/wiki/Baker%27s_yeast%22%20%5Co%20%22Baker%27s%20yeast) or [eggs](https://en.wikipedia.org/wiki/Egg%22%20%5Co%20%22Egg). Recipes for yeast-based muffins, which were sometimes called "common muffins" or "wheat muffins" in 19th-century American cookbooks, can be found in much older [cookbooks](https://en.wikipedia.org/wiki/Cookbook). In her [*Boston Cooking-School Cook Book*](https://en.wikipedia.org/wiki/Boston_Cooking-School_Cook_Book), [Fannie Farmer](https://en.wikipedia.org/wiki/Fannie_Farmer) gave recipes for both types of muffins, both those that used yeast to raise the dough and those that used a quick bread method, using [muffin rings](https://en.wikipedia.org/wiki/Muffin_rings) to shape the English muffins

**English muffins**



The English muffin is a type of yeast-leavened bread; generally about 4 in (10 cm) round and 1.5 in (3.8 cm) tall. Rather than being oven-baked, they are cooked in a griddle on the stove top and flipped from side-to-side, which results in their typical flattened shape rather than the rounded top seen in baked rolls or cake-type muffins.[[4]](https://en.wikipedia.org/wiki/Muffin#cite_note-4) The type of English muffin sold today was popularised in the late 1800s by English-American baker Samuel Beth Thomas (whose baked-goods company [Thomas'](https://en.wikipedia.org/wiki/Thomas%27) survives to this day).

**Etymology**

The name is first found in print in 1703, spelled *moofin*;[[5]](https://en.wikipedia.org/wiki/Muffin#cite_note-Thorseby-5) it is of uncertain origin but possibly derived from the Low German *Muffen*, the plural of *Muffe* meaning a small cake, or possibly with some connection to the Old French *moufflet* meaning soft as said of bread.[[6]](https://en.wikipedia.org/wiki/Muffin#cite_note-oed-6)[[7]](https://en.wikipedia.org/wiki/Muffin#cite_note-7)