

Cheddar, Bacon and Onion Muffins

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 3/4 teaspoons salt
- 1/4 cup vegetable shortening (Crisco, etc.)
- 1/2 cup and 2 tablespoons milk (whole milk is best)
- 4 tablespoons vegetable oil
- 1 whole egg
- 10 slices thick cut bacon, fried and crumbled
- 1 cup finely diced onion, sautéed slowly until caramel colored.
- 1 1/2 cup sharp cheddar cheese, grated
 - *Note: I usually recommend grating cheese by hand. Pre-grated cheese has additives to keep it from clumping. Usually I say don't use it because it keeps the cheese from melting nicely. However, when it comes to muffins or breads the additive to keep it from clumping works in your favor. It will keep the cheese from sinking to the bottom of the pan allowing it to be evenly distributed in your baked goods.*

Method

1. Sift together flour, baking powder and salt. Using a pastry cutter, cut in shortening until all is combined.
2. Combine milk, oil, and egg in a separate bowl. Whisk together.
3. Combine flour mixture, milk mixture, bacon, onions and cheddar cheese in a large bowl. Stir gently until combined.
4. Spoon batter into greased muffin tins. Bake for 20 to 22 minutes on 375°F degrees until golden. Remove from pan and serve warm.

Wondering what to do with the leftover bacon fat. Use it for delicious and versatile flavoring. Bacon fat can be stored in a small jar in the refrigerator and lasts about a month. Add a tablespoon to your roasted potatoes. Throw it in some cornbread. Sauté cabbage in it. Cook your eggs in it. Add it to a salad dressing. Sneak it into your hamburgers. Add a little to veggies like green beans, corn, or Brussels sprouts. There are so many ways to use it, so don't let it go to waste!