

Steamed muffin with olive and feta (*Appetizers*)



Preparation

In a bowl, break the eggs and beat them with a whisk by hand with some salt. Pour in the oil, then the milk and continue to beat with a whisk. At this point sift in the flour and baking powder together. Continue stirring so that everything is well mixed. Add the diced feta and olives. Pour into silicone muffin cups. Place the cups in a basket for steam cooking, and then place the basket in a pan with hot water that doesn't come up further than the bottom of the basket or the cups. Cover and steam over a high heat for about half an hour, adding more water if necessary. Remove from heat and let the muffins cool before turning them out ..

Tips

When you come to fill the cups with the muffin mixture, which contains baking powder, take care not to do so to more than three-quarters of their capacity. As they cook the muffins will rise, partly overflowing their cups and making them slightly deformed.

Trivia

Feta is a cheese made with sheep's milk. However, you can find this lovely traditional Greek cheese made with 20% goat's milk.

Information

Preparation 45 minutes

Total Time 30 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Eggs 2 units

Feta cheese 100 grams

Plain flour 120 grams

Black olives (A handful of black olives)

Extra virgin olive oil 50 millilitres

Milk 50 millilitres

Yeast 8 grams

Salt (Half a teaspoon of salt)