

Muffins

Notes before starting:

- Makes 12-14 muffins in a standard 12-cup muffin tin
- Room temperature ingredients are the key to this batter. It uses melted butter, and if the other wet ingredients are too cold, the butter will solidify and won't blend in well.
- Thoroughly combining the wet ingredients together helps them mix evenly into the dry ingredients.
- Sourced from <http://www.finecooking.com/cyor/muffins.aspx>

Dry Ingredients

3 ½ cups plain flour (or 50:50 white and wholemeal plain flour)
1 tbsp (20ml) baking powder
½ tsp (2.5ml) baking soda
½ tsp (2.5ml) salt

Wet Ingredients

1 cup sugar (yes, this goes with the wet ingredients)
140g butter, melted and slightly cooled
1 cup milk, at room temperature
1 cup crème fraiche or sour cream or Greek yoghurt (or a mixture of them), at room temperature
2 large eggs (at room temperature)
1 large egg yolk (at room temperature)

Flavorings - Choose one or two from the list

- ½ tsp Almond extract
- ¾ tsp Ground cinnamon
- ¾ cup shredded or desiccated coconut
- 1/3 cup crystallized ginger
- ¾ tsp ground ginger
- 2 tsp lemon zest
- 2 tsp orange zest
- 2 tsp lime zest
- 1 tsp vanilla extract

Mix-Ins - Choose one or two from the list – 1 ½ cups total

- Fresh apricots, coarsely chopped
- Bananas, thinly sliced
- Blueberries, fresh or frozen
- Cranberries, fresh or frozen, coarsely chopped
- Tart apples, peeled and coarsely chopped
- Fresh peaches, coarsely chopped
- Fresh pears, coarsely chopped (peel on)
- Fresh pineapple, coarsely chopped
- Raspberries, fresh or frozen
- Chocolate chips

Nuts (optional) – Choose any from the list – ¾ cup total

- Pecan pieces, toasted
- Almonds, toasted (sliced or chopped)
- Walnut pieces, toasted
- Macadamia pieces

Glaze Ingredients

3 cups pure icing sugar, sifted

One glaze flavoring from the list, **OR** 6 tablespoons water (for plain glaze)

Glaze flavoring options

- 1 cup maple syrup
- 6 tbsp fresh lemon juice
- 6 tbsp fresh orange juice
- 6 tbsp pineapple juice
- ¼ tsp ground cinnamon plus 6 tbsp water
- ¼ tsp ground ginger plus 6 tbsp water

METHOD

- Pre-heat the oven to 180degC.
- Line the muffin tin with paper or foil baking cups (patty pans)
- Sift all dry ingredients together into a large mixing bowl and mix very thoroughly.
- In a separate medium mixing bowl, very thoroughly whisk all wet ingredients together.
- Prepare and measure all of your flavorings, mix-ins and nuts before going any further.
- Pour the wet ingredients into the dry, and fold gently with a rubber spatula until the dry ingredients are starting to moisten (the batter will be patchy and very lumpy).
- All your chosen flavorings, mix-ins and nuts before the batter is fully combined (to prevent over mixing).
- Continue mixing until the dry ingredients are mostly to moistened and only just combined (the batter should still be lumpy with quite a few streaks of dry flour). Do NOT over mix as this will make the muffins tough.

- Mound the batter into the prepared muffin tin with a serving spoon or ice-cream scoop. The batter should be about 2cm (¾ inch) above the rims of the cups). This will make the muffins bake up into the big bakery-style muffin tops. The tops might meld together while baking, but you can split them easily after they cool.
- Bake 30-35 minutes until the muffins are golden brown and spring back lightly when you press the middle.
- Cool in the baking tin for 15-20 mins, then transfer to a wire rack after separating them.

- To make the glaze, whisk the glaze ingredients together in a small bowl until smooth. The glaze should be thin enough to drip off a spoon (thin it if necessary).
- Glaze the muffins on a rack over a foil drip tray when they are still slightly warm (but NOT hot).