

# Top Heavy Blueberry Muffins

Yields 13

## Ingredients

22 ounces all-purpose flour  
4 teaspoons baking powder  
2 teaspoons baking soda  
1 teaspoon kosher salt  
8 ounces sugar  
1 cup vegetable oil  
2 large eggs  
2 large egg yolks  
16 ounces plain whole fat yogurt  
1 tablespoon orange zest  
12 ounces fresh blueberries  
2 tablespoons demerara sugar

## Instructions

- 1 Heat the oven to 375 degrees F and coat a standard 12-cup muffin pan (and one small oven safe ramekin) with non-stick spray.
- 2 Whisk together the flour, baking powder, baking soda, and salt in a large mixing bowl. In second bowl whisk together the sugar, oil, eggs, yolks, yogurt and orange zest until smooth.
- 3 Make a crater in the middle of the dry ingredients and pour the wet ingredients into it. Stir with a rubber spatula until just barely combined. Resist the urge to over-mix – there should be a some lumps of flour in the batter
- 4 Fold in the blueberries, mixing just to combine.
- 5 Drop about a cup of batter in each of the muffin tin's wells. Whatever's left over can be dropped into the prepared ramekin. The cups should be quite full.
- 6 Sprinkle the muffins with the demerara sugar and bake for 25 to 30 minutes, or until a toothpick inserted into the bottom of a muffin comes out clean.
- 7 Remove from oven and turn out, upside down, onto a clean tea towel to cool completely. This step is key in preventing mushy muffin bottoms, which nobody and I do mean nobody likes.
- 8 Serve immediately or store in an airtight container for up to a week (or until they taste gross, smell bad, or grow fur).

## Notes

The main reason for placing so much batter in each hole is to produce enough rise and spread for a proper muffin top.

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