

Blueberry Muffins

Makes 12 muffins

When making the batter, be sure to whisk vigorously in step 2, then fold carefully in step 3. There should not be large pockets of flour in the finished batter, but small occasional sprays may remain.

2 cups (10 ounces) unbleached all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 large egg
1 cup (7 ounces) sugar
4 tablespoons unsalted butter, melted and cooled slightly
1 1/4 cups (10 ounces) sour cream
1 1/2 cups frozen blueberries, preferably wild

1. Adjust oven rack to middle position and heat oven to 350 degrees. Spray standard muffin tin with nonstick vegetable cooking spray.

2. Whisk flour, baking powder, and salt in medium bowl until combined. Whisk egg in second medium bowl until well-combined and light-colored, about 20 seconds. Add sugar and whisk vigorously until thick and homogenous, about 30 seconds; add melted butter or 3 additions, whisking to combine after each addition. Add sour cream in 2 additions, whisking just to combine.

3. Add frozen berries to dry ingredients and gently toss just to combine. Add sour cream mixture and fold with rubber-spatula until batter comes together and berries are evenly distributed, 25 to 30 seconds. (Small spots of flour may remain and batter will be thick. Do not overmix).

4. Use ice cream scoop or large spoon to drop batter into greased muffin tin. Bake until light golden brown and toothpick or skewer inserted into center of muffin comes out clean, 25 to 30 minutes, rotating pan from front to back halfway through baking time. Invert muffin onto wire rack, stand muffins upright and cool 5 minutes. Serve as is or use one of the toppings below.

Variations

Cinnamon Sugar-Dipped

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While muffins are cooling, mix 1/2 cup sugar and 1/2 teaspoon ground cinnamon in small bowl and melt 4 tablespoons butter in small saucepan. After baked muffins have cooled 5 minutes, and working one at a time, dip top of each muffin in melted butter and then cinnamon sugar. Set muffins upright on wire rack; serve.

Ginger-or Lemon Glazed

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While muffins are baking, mix 1 teaspoon grated fresh ginger or grated lemon zest and 1/2 cup sugar in small bowl. Bring 1/4 cup lemon juice and 1/4 cup sugar to simmer in small saucepan over medium heat; simmer till mixture is thick and syrupy and reduced to about 4 tablespoons.

After baked muffins have cooled 5 minutes, brush tops with glaze then, working one at a time, dip tops of muffins in lemon sugar or ginger sugar. Set muffins upright on wire rack; serve.