

*Oven Temperature: 375°F.
Baking: 25 to 35 Minutes*

Blueberry Muffins

Makes: 6

INGREDIENTS	MEASUREMENTS	WEIGHT	
<i>room temperature</i>	<i>volume</i>	<i>ounces</i>	<i>grams</i>
unsalted butter	4 tablespoons	2 ounces	56 grams
sugar	1/2 cup	3.5 ounces	100 grams
lemon zest	2 teaspoons	•	4 grams
1 large egg	•	1.75 ounces	50 grams (out of the shell)
pure vanilla extract	1/2 teaspoon	•	•
bleached all purpose flour, preferably Gold Medal	scant 3/4 cup	3.5 ounces	100 grams
baking soda	1/4 plus 1/8 teaspoon	•	1.9 grams
salt	1/4 plus 1/16 teaspoon	•	2 grams
sour cream	1/3 cup	about 2.75 ounces	80 grams
small blueberries, rinsed and dried	3/4 cup (rounded)	3.5 ounces	100 grams
<i>Topping:</i>			
sugar	3/4teaspoon	•	3 grams
nutmeg, freshly grated	dusting	•	•

Equipment: 6 small soufflé ramekins or custard cups (6 ounce), or a 6 cup muffin pan, lined with foil or paper liners, preferably lightly sprayed with Baker's Joy or cooking spray.

1) Preheat the oven

At least 20 minutes before baking preheat the oven to 375°F. Have the oven shelf at the middle level.

2) Mix the batter

In a mixing bowl, with a wooden spoon, cream the butter, the sugar and the lemon zest until light and fluffy. Still using the wooden spoon, beat in the egg and the vanilla.

In a small bowl, whisk together the flour, the baking soda, and the salt. Spoon 1/2 this flour mixture and 1/2 the sour cream onto the butter/sugar mixture and, using a rubber spatula, fold it in until most of the flour disappears. Repeat with the remaining flour and sour cream, folding in just until the flour disappears. Fold in the blueberries.

3) *Fill the muffin containers*

Spoon the batter into the ramekins, custard cups or muffin cups. Dust the tops with sugar and nutmeg.

5) *Bake the muffins*

Bake for 25 to 35 minutes or until they spring back when pressed lightly in the center with a fingertip and a wooden toothpick comes out clean.

6) *Cool the muffins*

Unmold and cool them top side up on a wire rack until just warm. Serve them warm (reheated 4 minutes in a 400°F. oven) or room temperature.

Pointers for Success

© I prefer the rich flavor of sour cream and the slightly more open texture, but if you prefer to use buttermilk it easily can be substituted. For the best flavor when using buttermilk substitute 1 teaspoon of baking powder for the baking soda.

© A #30 ice cream scoop (2 tablespoon capacity) works well to transfer the batter to the muffin containers.

© Frozen muffins can be reheated in a preheated 400°F. oven for 15 to 20 minutes or until a metal cake tester inserted briefly into the center feels warm.