

# blueberry muffins

RECIPE COURTESY OF ZOË FRANÇOIS

## INGREDIENTS:

### Streusel

- ½ cup (100 grams) lightly packed brown sugar
- ½ cup (65 grams) all-purpose flour
- 4 tablespoons (57 grams) unsalted butter
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

### Muffins

- 1 ¾ cups (225 grams) all-purpose flour
- ¾ teaspoon baking powder
- ¾ teaspoon kosher salt
- ½ teaspoon baking soda
- 1 ½ cups (175 grams) blueberries
- 6 tablespoons (86 grams) butter, at room temperature
- ¾ cup (150 grams) granulated sugar
- 2 tablespoons brown sugar
- 2 teaspoons pure vanilla extract
- 1 lemon, zested
- 1 large egg plus 1 large egg yolk
- ½ cup plus 2 tablespoons (135 grams) sour cream

## ACTIVE TIME:

30 minutes

## TOTAL TIME:

1 hour

## EASE OF PREPARATION:

Easy

## YIELD:

12 muffins

## SPECIAL EQUIPMENT:

12 tulip liners or cupcake liners

*For me, a blueberry muffin must be chock full of contrasts. It should have enough sweetness to feel decadent, but be balanced by the tartness of the blueberries and lemon zest. A perfect muffin also has a top that has a thin crust of spiced streusel and under it is the tender muffin, stuffed with fruit. I tried to put as many blueberries in this muffin as it could possibly hold without losing its structure.*

## INSTRUCTIONS

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1. Preheat the oven to 375°F / 190°C. Prepare a standard muffin tin with 12 tulip liners or regular cupcake liners.
2. Prepare the streusel: Mix the brown sugar, flour, butter, cinnamon, and nutmeg together in a bowl until it turns into uniform clumps. Refrigerate until ready to sprinkle on the muffins.
3. Prepare the muffins: In another bowl, whisk the flour, baking powder, salt, and baking soda together, and set aside. Toss the blueberries with 1 tablespoon of this flour mix and set aside.
4. In a stand mixer fitted with the paddle attachment, cream the butter, both sugars, vanilla extract, and lemon zest together on medium speed until light and fluffy, about 4 minutes. Add the egg and yolk, one at a time, mixing on low speed just until combined. It may seem a bit curdled because there is a lot of liquid to add to that amount of butter. It will all come together in the end.
5. Add half the flour mixture and half the sour cream to the batter. Mix on low speed until combined. Add the remaining flour and sour cream and mix until combined.
6. Fold the blueberries into the batter with two or three gentle stirs. If you overmix, the batter will turn purple and then gray. Scoop into the prepared muffin cups.
7. Sprinkle the streusel topping over the muffins. Bake for 20 to 25 minutes or until golden brown and a tester comes out with moist, but not wet, crumbs. Cool slightly and serve warm or at room temperature.