

Blackberry, Lemon and Thyme Muffins

Adapted from Bon Appetit, March 2012

<http://www.epicurious.com/recipes/food/views/Blackberry-Lemon-and-Thyme-Muffins-394691>



I've increased the sugar and the thyme in this. If you're adventurous, add about 2/3 cup of toasted walnuts to the batter.

CRUMBLE:

- 1 cup cake flour
- 1/4 cup sugar
- 1 1/2 teaspoons chopped fresh thyme
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 6 tablespoons unsalted butter (3/4 stick) chilled, cut into 1/4" cubes

1 large egg yolk

MUFFINS:

- 1 cup all-purpose flour, plus 2 tablespoons (for blackberries)
- 1 cup cake flour
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 teaspoon kosher salt
- 1/2 cup unsalted butter, 1 stick, room temperature
- 1 1/4 cups sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup buttermilk
- 2 tablespoons lemon zest, finely grated
- 1 1/2 cups blackberries, fresh, about 6 ounces, or frozen, thawed, drained, halved lengthwise
- 1 1/2 teaspoons chopped fresh thyme

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 16

Can be made 1 day ahead. Store cooled muffins airtight at room temperature.

1. **CRUMBLE:** Whisk first 5 ingredients in a medium bowl. Add butter. Using your fingertips, rub in butter until pea-size lumps form. Add egg yolk; stir to evenly distribute and form moist clumps. (Crumble should resemble a mixture of pebbles and sand.) Chill for at least 1 hour. **DO AHEAD:** Can be made 3 days ahead. Cover and keep chilled.
2. **MUFFINS:** Preheat oven to 325°F. If making standard-size muffins, line 16 1/3-cup molds with paper liners.
3. Whisk 1 cup all-purpose flour and next 4 ingredients in a medium bowl.
4. Using an electric mixer, beat butter until pale and creamy, about 2 minutes. Add sugar and continue to beat until well incorporated, 2-3 minutes longer.
5. Whisk eggs and vanilla in a small bowl to blend; gradually beat into butter mixture. Continue beating until light and fluffy, 3-4 minutes. Combine buttermilk and lemon zest in a small bowl; gradually beat into butter mixture. Add dry ingredients; beat just to blend (do not overmix).
6. Toss blackberries and thyme with 2 tablespoons flour in another small bowl; fold into batter, gently crushing berries slightly to release some juices.
7. Spoon about 2/3 cup batter into large paper muffin molds, or divide between prepared muffin pans. Top each large muffin with 2 tablespoons crumble or each small muffin with 1 rounded tablespoon crumble.
8. Bake until tops are golden brown and a tester comes out clean when inserted into center (or to an internal temperature of 210°), about 50 minutes for large muffins and 40 minutes for standard-size muffins. Let cool in pan at least 20 minutes, then transfer muffins to a wire rack to cool. Serve warm or at room temperature.

Per Serving (excluding unknown items): 267 Calories; 11g Fat (38.0% calories from fat); 4g Protein; 38g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 308mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.