Chocolate Orange Muffins

From "Muffins" by Elizabeth Alston (2003)



These have delicious, intense orange flavor. And do use chocolate you've chopped rather than chocolate chips.

1 cup sugar (I used about 7/8 cup)

6 tablespoons unsalted butter, softened

2 large eggs

1/2 cup buttermilk, or plain, unsweetened yogurt

1/4 cup orange juice, freshly squeezed

2 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1 tablespoon orange zest (I used about 2 T because the oranges were large)

3 ounces semisweet chocolate, chopped in irregular small pieces

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

Servings: 12

If you use a mini-muffin tin, you'lll get a yield of 36.

1. Preheat oven to 400° (200° C). Lightly grease a 12 cup muffin pan, or line with paper liners. May also use mini-muffin tin (if so, use shorter baking time)
2. In a medium bowl, mix flour, baking powder, and baking soda.
3. In a separate mixing bowl, with an electric mixer, cream together butter and sugar until smooth. Beat in the eggs one at a time and continue mixing until the mixture is light and ribbony. Add orange zest, orange juice, and buttermilk (or yogurt). Use a spoon to add the flour mixture and stir it in just until mixed and there are no streaks of flour. Add the chocolate pieces and stir just until combined. Divide batter into muffin cups.
4. Bake for 15 to 25 minutes in the preheated oven (to an internal temperature of 205°) or until a toothpick inserted into the center of a muffin comes out clean. Let muffins cool in the pan on a wire rack for at least 10 minutes before removing from the pan. (My batch of these took 18 minutes. Do NOT over bake them or they'll be dry. If making ahead, reheat them gently and for a short time.)

Per Serving (excluding unknown items): 244 Calories; 9g Fat (32.3% calories from fat); 4g Protein; 38g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 118mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.