

Blueberry Sour Cream Muffins

Servings: 12

Source: Food & Wine Magazine Dec. 2009

Ingredients

- ½ cup Light Brown Sugar
- ⅓ cup Flour
- 2 Unsalted Butter, Softened
- 1 teaspoon Cinnamon
- 1½ cups Flour
- 2 teaspoons Baking Powder
- ¼ teaspoon Baking Soda
- ½ teaspoon Salt
- 1 Large Egg
- ¾ cups Sugar
- 1 Unsalted Butter, Melted
- 1 cup Sour Cream
- 1 teaspoon Vanilla
- ¾ teaspoons Finely Grated Lemon Zest
- 1 cup Frozen Blueberries

Method

Topping

1. Preheat the oven to 375. In a medium bowl, combine the brown sugar, flour, butter and cinnamon. Rub with your fingers to form coarse crumbs. Refrigerate until ready to use.

Muffins

1. Butter a 12-cup muffin pan. In a medium bowl, whisk the 1½ cup flour with the baking powder, baking soda and salt.
2. In a large bowl, using a handheld mixer, beat the egg at medium speed until frothy. Add the sugar and melted butter and beat until pale yellow, 1 minute. Beat in the sour cream, vanilla and lemon zest until blended.
3. Add the dry ingredients and beat at low speed until almost blended. In a bowl, toss the blueberries with the remaining 1 tbsp of flour. Using a rubber spatula, fold the blueberries into the batter.

Assembly

1. Fill the muffin cups three-fourths full of batter and sprinkle with the topping. Bake for 25 minutes or until a cake tester inserted in the center of muffin comes out clean. Remove the muffins from the pan and let cool on a rack.

Notes

MAKE AHEAD The muffins can be stored in an airtight container for up to 3 days.