

Caramel-Apple Muffins

Source: New York Times Oct. 6, 2010

Cook apples long enough for sugar to start to caramelize and get brown. This takes longer than 15 minutes. Be patient.

Ingredients

- 3 apples (about 1½ lbs), peeled, cored, sliced ¼" thick
- ½ cup brown sugar
- 4 tbsp butter
- pinch salt
- ½ cup walnuts, optional
- 2 cups flour
- ¾ cup brown sugar
- 1 tbsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- ¼ cup butter
- 2 eggs
- ¾ cup sour cream
- 1 tsp vanilla

Method

1. Heat the oven to 375 degrees. Generously grease a 12-cup muffin tin.
2. In a large skillet over medium-high heat, stir together the apples, ½ cup brown sugar, 4 tbsp butter and pinch salt. Cook, stirring occasionally, until apples are tender, about 15 minutes. Distribute the apple slices among the muffin cups. Add walnuts, if using, on top of the apple slices.
3. To make the muffins, in a large bowl, whisk together flour, ¾ c brown sugar, baking powder, cinnamon and ¼ tsp salt.
4. In a separate bowl, whisk together ¼ cup butter, eggs, sour cream and vanilla. Pour the wet ingredients into the dry and fold together until smooth. Distribute the batter on top of the apples. Bake until the muffins are slightly puffed, about 20 to 25 minutes.
5. Allow the muffins to cool partly in the pan; turn onto a platter and serve warm or at room temperature.