



Berry Buttermilk Muffins

Berry muffin is a favourite all around the world, so of course I wanted it on the menu at Small World. And, as expected, it's a big hit! I like using buttermilk here because it adds a hint of freshness. It's essential to keep the batter light and fluffy, much more so than with the banana or carrot muffin recipes.

Ingredients

250g plain white flour
150g extra-fine granulated sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon fine salt
2 eggs, beaten
250ml buttermilk
115g butter, melted
100g mixed fresh or frozen berries
1 teaspoon vanilla extract

Method

Preheat oven to 175°C. In a large mixing bowl, sift together the flour, sugar, baking powder, baking soda and salt. In another large bowl, whisk together the eggs, buttermilk and the melted butter. Gently fold the flour mixture into the egg mixture, then fold in the fresh fruit. If you are using large berries such as strawberries, quarter them, but leave smaller berries, such as blueberries or raspberries, whole.

Arrange paper cups in a muffin tin, and spoon in the batter until a centimetre from the top. If you are using frozen berries, scatter them on top of the muffins. Bake large muffins 30 minutes, smaller ones 20-25 minutes, or until golden brown. The muffins are ready when you press the top of one and it bounces back slightly. Leave to cool in the tin for at least 30 minutes.