

American-style blueberry muffins

Ingredients makes 12 muffins

2 eggs

200g caster sugar

125ml rapeseed oil

250ml buttermilk

1 tsp vanilla extract

400g self-raising flour

pinch of salt

150g blueberries

demerara sugar



Method

Preheat the oven to 200C full fan.

Sit a large paper muffin case into each hole of a 12-hole muffin tin.

Whisk the eggs and caster sugar until light and fluffy with a kitchen mixer.

Then add the oil, buttermilk and vanilla extract and continue whisking for a couple of minutes until combined.

Stir the flour and salt into the batter with a spatula.

The trick here is not to over mix or the muffins will become chewy – literally count out 15 seconds and then stop mixing.

Let the muffin batter rest for a couple of minutes before stirring in the blueberries.

As the batter rests it will begin to thicken and the blueberries won't sink to the bottom.

Spoon the batter into each muffin case all the way up, then sprinkle a little of the demerara sugar on top of each muffin. This will give a crunchy topping.

Bake for 18 minutes - a metal skewer should come out clean.

Leave to cool in the muffin tin for a few minutes before transferring to a wire rack to cool completely.

Best eaten on the day.