

Carrot muffins with garlic butter

Makes 12

Fresh from the garden carrots, parsley, eggs, garlic

When baking muffins (or cupcakes) I often put a paper cupcake case inside each hole in a standard muffin tin. Even if the mixture is rather runny it will bake without sticking to the tin, and by setting the paper cases inside the holes, the muffins or cupcakes will keep their shape, rather than collapsing with the weight of the mixture. But I have given instructions for both in case you have no paper cupcake cases.



Equipment

metric measuring spoons	tea towel
and cups	scales
small saucepan	bowls – 1 small, 2 medium
pastry brush	whisk
12 cupcake cases (if using)	tablespoon
1 × 12-hole muffin tin	fork
grater	baking paper
chopping board	wire rack
knives – 1 small, 1 large	



Ingredients

1 tablespoon butter	Garlic butter
1 medium carrot (100 g approx)	2 cloves garlic
15 stalks parsley	salt
60 g cheddar or gruyère	125 g butter
220 g self-raising (self-rising) flour	
1 egg	
$\frac{3}{4}$ cup buttermilk	
$\frac{1}{2}$ cup vegetable oil	



What to do

- ★ Preheat the oven to 200°C. If you are using cupcake cases, drop one into each of the holes in the muffin tin. Otherwise, melt the 1 tablespoon of butter in the small saucepan, then use the pastry brush to grease the holes of the muffin tin.
- ★ Set out the grater, chopping board and knives. Peel and grate the carrot – you'll need about $\frac{1}{2}$ a cup. Rinse the parsley, dry by rolling in the tea towel, then chop. Using the scales, weigh the cheese, then grate it. Mix the grated cheese, parsley and flour in a medium bowl, then add the carrot.
- ★ In the second medium bowl, whisk the egg, buttermilk and oil. Make a well in the dry ingredients and tip in the liquid mixture. Mix lightly, then spoon the batter into the cupcake cases or the holes of the greased muffin tin, filling them two-thirds full. Bake the muffins for 20–25 minutes until browned on top.
- ★ While the muffins are cooking, make the garlic butter. Peel the garlic. **Place the cloves on the chopping board and flatten by thumping with the side of the large knife.** Sprinkle the garlic with salt, then chop finely. Place the butter in the small bowl and soften with the fork. Work in the garlic and mash until smooth. **Spoon the garlic butter onto a piece of baking paper and roll up tightly like a small sausage, twisting the ends.** Place the roll in the refrigerator (or freezer) to firm up so it can be sliced.
- ★ **Remove the muffins from the oven.** Allow them to sit for a minute in the tin, before turning out onto the wire rack to cool. Take the garlic butter roll out of the refrigerator and slice finely. When the muffins are nearly cold, split them in half or make a slit in the top of each muffin and insert a slice of garlic butter.

BOTTOM DRAWER

Interesting terms/techniques • making a well in dry ingredients