

Buckwheat and Mixed Berry Muffins

At the bakery, we like the combination of fresh blueberries and raspberries, but fresh blackberries could be included or substituted for one of the two here. When local berries are abundant in the summer, I'll throw bags of them into the freezer for winter baking. Toss frozen berries in a bit of the flour once thawed to keep them from "bleeding" into the muffin batter. Now that I'm living in Maine, I've become a fan of the small local blueberries, which have a deep, intense flavor. I like to support local farms by using frozen Maine blueberries out of season. Look for Blue Ox or Alexander blueberries, which are sold year-round at supermarkets across the country. Or go to Blue-Zee Farm (bluezeefarm.com), my local source in Penobscot, Maine, to order one-, three-, and five-pound boxes shipped to your door.

Makes 6 large muffins (about 160 grams / 5½ ounces each) or 12 traditional muffins (about 80 grams / 3 ounces each)

Start to finish:
about 3 hours

Gathering ingredients and preparing the batter: about 20 minutes

Refrigerating the batter:
at least 2 hours
but up to 1 day

Baking:
25 to 30 minutes

Ingredients	Metric	Imperial
buttermilk (any fat content)	191 g	¾ cup plus ½ tablespoon
canola oil	109 g	½ cup
whole eggs	110 g	2 large eggs
fresh lemon juice	14 g	2¾ teaspoons
pure vanilla extract or paste	6 g	1½ teaspoons
all-purpose flour	212 g	1¾ cups
buckwheat flour	60 g	½ cup
granulated sugar	136 g	½ cup plus 3 tablespoons
baking powder	13 g	2¾ teaspoons
fine sea salt	1 g	¼ teaspoon
blueberries	100 g	¾ cup
raspberries	100 g	¾ cup
Oat Topping or Lemon Sugar (recipes follow; optional) or coarse sugar, for sprinkling (optional)		

1. Set a 3-quart (3-liter) storage container on the work surface.
2. In a large spouted measuring cup, whisk together the buttermilk, oil, eggs, lemon juice, and vanilla.

RECIPE CONTINUES



3. In the bowl of a stand mixer fitted with the paddle attachment, add the all-purpose flour, buckwheat flour, granulated sugar, baking powder, and salt. Toss together or mix on the lowest setting for 1 minute. With the mixer running on low speed, stream half of the buttermilk mixture into the bowl. Stop the mixer and scrape the sides, bottom, and the paddle to begin to incorporate any dry pockets. Return the mixer to low speed and stream in the remaining buttermilk mixture. Stop the mixer before the mixture is completely combined. The batter should still look lumpy, but there shouldn't be any visible dry areas at this point. Remove the bowl from the mixer, scraping any batter from the paddle into the bowl.

4. Fold in the berries until just distributed. Transfer the mixture to the storage container. Refrigerate for at least 2 hours but ideally overnight.

5. Preheat the oven to 425°F (230°C). Line the cups of a large 6-cup muffin pan or a traditional 12-cup muffin pan with paper liners. Divide the batter evenly among the cups. Sprinkle with the oat topping, lemon sugar, or coarse sugar, if using.

6. Bake the muffins for 10 minutes. Then, without opening the door, lower the oven temperature to 350°F (175°C) and continue to bake until a skewer inserted in the center of the muffins comes out clean, 18 to 20 minutes more for the large muffins and about 15 minutes more for the traditional muffins.

7. Transfer to a wire rack. Let cool in the pan for about 10 minutes. Remove and serve warm or let cool completely on the rack.

Oat Topping

Makes about 130 grams (4½ ounces / scant 1 cup)

Ingredients	Metric	Imperial
unsalted butter, cold	30 g	1 ounce / 2 tablespoons
all-purpose or buckwheat flour	30 g	¼ cup
light or dark brown sugar	30 g	2½ tablespoons
rolled oats	37 g	¼ cup plus 3 tablespoons
fine sea salt	0.6 g	⅛ teaspoon

1. Cut the butter into ¼-inch (6 mm) cubes and return to the refrigerator.
2. In the bowl of a stand mixer fitted with the paddle attachment, combine the flour, brown sugar, oats, and salt on the Stir setting until combined, about 30 seconds.
3. Add the butter and mix on medium speed until crumbly, 1 to 2 minutes. (The mixture should not come together into a single mass.)

Lemon Sugar

Makes 135 grams (about 4¾ ounces / ⅔ cup)

Ingredients	Metric	Imperial
1 lemon		
sugar	130 g	⅔ cup

With a vegetable peeler, peel the zest from the lemon in strips, then scrape as much of the white pith off the zest as possible. Roughly chop the zest and put in a food processor with the sugar. Pulse until the zest is finely ground and incorporated, about 2 minutes.