

Maine Arts Camp

2012

Recipe Name: Lemon Poppy Muffins

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings: 12

Yield:

| Quantity | Unit | Ingredient Name | Prep Notes |
|----------|--------|-------------------|----------------|
| 1 3/4 | Cups | All-purpose flour | |
| 1 | tsp | Baking powder | |
| 1 | tsp | Baking soda | |
| 8 | ounces | Unsalted butter | |
| 3/4 | cup | sugar | + 1 tablespoon |
| 3 | large | Eggs | |
| 8 | ounces | Sour cream | |
| 1/3 | cup | Poppy seeds | |
| 3 | TBSP | Grated lemon zest | |
| 1/2 | cup | Lemon juice | FOR GLAZE |
| 1/2 | cup | sugar | FOR GLAZE |
| 1 | TBSP | Vanilla extract | |
| | | | |
| | | | |

Procedure:

- 1 Pre heat oven to 350°F
- 2 Sift flour, baking powder, baking soda & a dash of salt into a bowl
- 3 Cream butter and sugar in mixer with flat paddle until light & fluffy. Beat in eggs one at a time then beat in 1 TBSP lemon zest, poppy seeds and vanilla extract. With mixer on low, beat in about 1/2 of the flour mixture. Beat in sour cream. Beat in remainder of flour mixture
- 4 Pour batter into lined muffin tins and bake for about 20 minutes
- 5 Make the glaze by simmering lemon juice, sugar and remaining lemon zest until sugar dissolves. When muffins come out of the oven use about 1/2 of the glaze to brush on top of the muffins. Let sit overnight and brush remaining glaze over tops before service.

Lemon zest is the outer yellow skin. The pith, or inner white part of the peel is extremely bitter and should not be used. A little attached to the yellow skin is fine. You can use a vegetable peeler or sharp paring knife to remove the zest.