

APPLE AND OAT MUFFINS

(Source: The Great British Bake Off Everyday)

A cross between a rich scone and a cake with an apple crumble topping

Makes 12

You will need 1 x 12 hole muffin tray lined with paper cases, 2x mixing bowls, measuring jug, small saucepan

For the Topping

50g (2oz) porridge oats
50g (2oz) Demerara (or caster) sugar
50g (2oz) plain flour
50g (2oz) unsalted butter, room temperature

For the Base

250g (10oz) plain flour
25g (1oz) porridge oats
175g (7oz) caster sugar
2 teaspoons of baking powder
Finely grated zest of a lemon
150g (6oz) unsalted butter diced
2 medium eggs at room temperature
100 ml (3.5fl oz) milk at room temperature
1 large eating apple, cored, diced

Heat the oven to 190C/375F/gas 5

Make the Topping

Put the oats, sugar and flour into a mixing bowl and combine with your hand. Cut the butter into pieces, add to the bowl and rub into the dry ingredients with your fingertips until the mixture looks like coarse crumbs. Then gently squeeze the mixture together until it forms pea-like clumps. Set aside until needed.

Make the Base

Put the flour, oats, sugar, baking powder and lemon zest into a mixing bowl and mix together thoroughly with a wooden spoon. Gently melt the butter in a small pan; leave to cool. Beat the eggs and milk together in a small bowl with a fork until just combined. Add the melted butter and the milk mixture to the flour mix in the bowl and stir gently until just combined – there is no need to beat the mixture.

Combine the Base and Topping with the Apple

Spoon the mixture into the 12 paper cases in the muffin tray so they are evenly filled. Top each with an equal amount of chopped apple and gently press the pieces into the muffin mixture (they should remain visible). (Alternatively you can stir some of the chopped apple into the mixture before putting in the paper cases.). Cover with the crumble topping dividing it equally amongst the muffins and gently press down on to the base.

Bake

Place in a heated oven and bake for 30 min until golden and just firm when gently pressed in the centre. Set the tray on a wire rack and cool for 3 mins, then carefully lift the muffins out of the tray on to the rack. Eat within two days, store in an airtight container, can be frozen.