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by Liz Robb

Raspberry muffins



Ingredients

250g plain flour
1 tablespoon of baking powder
150g golden caster sugar
1 egg
75g butter
175 ml milk
180g fresh raspberries, each chopped in half

Preparation

1. 1. Preheat the oven to 180 degrees.
2. 2. Line the muffin tin with 12 paper cases.
3. 3. Into a large bowl, sift the flour and baking powder, then add and mix in the sugar using a fork and leave to one side.
4. 4. Chop the butter into tiny pieces and allow to soften before adding, or grate from chilled. Add to the dry ingredients and stir in lightly with a fork.
5. 5. Crack the egg into a separate bowl and whisk. Then add the milk to the egg and beat together. Add this to the flour mixture a little at a time, folding it in very lightly and with the minimum number of folds. Don't mix the batter too much or the muffins will be dense
6. don't worry if it looks a bit lumpy.
7. 6. Sprinkle in the raspberries and fold in very gently for a few seconds.
8. 7. Straight away spoon the mixture into the paper cases ready in the tin. The cases need to be filled almost to the top
9. this mixture should make 12 muffins.
10. 8. Place on the top shelf of the preheated oven to bake for 25-30 minutes. The muffins should then be risen and golden brown on the top
11. test that the centre is cooked by inserting a skewer which should come out clean.

Cooks Note

I love the sharp flavour of the raspberries against the sweetness of the muffin, but you could use other fruits if you prefer, such as blueberries, chopped apricots, diced apple or strawberries. Some people like to add a little lemon to these too.