**BOILED ORANGE MUFFINS**

Boil your orange before you begin this recipe to release the most intense orange flavour into your muffins. It's an amazing trick that works an absolute treat. Every mouthful is a mouth explosion- you won't regret making them!

Ingredients

1 orange

400 g plain flour

3 tsp baking powder

1 pinch salt

200 g caster sugar

2 large eggs

240 ml buttermilk

100 ml olive oil

20 ml extra virgin olive oil

1 tsp vanilla extract

150 g blackberries

30 g demerara sugar

12 large muffins cases

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|  | Method* Submerge the orange in a pan of water and bring to boil to simmer for 1 hour, topping up the water if necessary. Drain and place it in a food processor. Blitz to a rough pulp.
* Preheat the oven to 220ºC. Sit the muffin cases into a muffin tray in preparation for the mixture.
* Weigh the flour, baking powder, salt, and caster sugar into the bowl of a stand mixer with a beater attachment. Combine then add the orange pulp, eggs, buttermilk, oils and vanilla extract. Mix gently until fully combined, taking care not to overwork the mixture. Cut the blackberries in half and drop about ¾ of them into the batter.
* Divide the mixture between the muffin cases, making sure they are filled ¾ of the way up. Scatter a few extra blackberry halves on top of the muffins and sprinkle with the demerara sugar. Place them into the oven and immediately turn it down to 180ºC. Bake for 25 minutes, until risen, golden and if you poke a clean skewer into the muffin it comes out clean. Allow to cool in the muffin tins for 10 minutes before lifting onto a wire rack to cool completely before serving. Makes 12
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