

Lemon-Ginger Muffins

Author: Adapted from Bon Appetit, 2005, from the Baldpate Inn, Estes Park, Colorado



LEMON-GINGER MIXTURE:

1/2 whole lemon, peel only, use juice for frosting

1/3 cup fresh ginger, peeled, cut into 1/2 inch cubes

2 tablespoons sugar

MUFFINS:

2 tablespoons sugar

1 1/3 cups all-purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup buttermilk

1 large egg

2 tablespoons vegetable oil

3 tablespoons crystallized ginger, very finely minced

2 tablespoons unsalted butter, melted

LEMON GLAZE:

1/3 cup powdered sugar

1 1/2 tablespoons lemon juice, approximately

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 208 Calories; 7g Fat (31.2% calories from fat); 4g Protein; 33g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 174mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

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*Carolyn T's
Main Cookbook*

Servings: 8

Notes: I used a Wilton mini-brownie pan (silicone with about 18 tiny squares) for this. I filled the little cups almost level and baked them for 17 minutes. Test with a toothpick to make sure they're fully baked in the middle. The lemon glaze was my own addition as well as the crystallized ginger. Do not overmix the batter or the muffins might be tough.

1. Preheat oven to 350 degrees. Line 8 muffin cups with paper liners. Using vegetable peeler, remove peel (yellow part only, no white) from lemon. Coarsely chop peel. Or, use a microplane. Place peel, ginger and 1/4 cup sugar in processor. Process until moist paste forms.
2. Whisk remaining 3/4 cup sugar, flour, baking soda, and salt in large bowl. Whisk buttermilk, eggs, oil, melted butter, crystallized ginger and fresh ginger mixture in medium bowl to blend well. Stir into flour mixture to just blend.
3. Divide batter among prepared muffin cups. Bake until toothpick inserted into center comes out clean, about 25 minutes. If using a different sized muffin pan, adjust time accordingly.
4. Combine powdered sugar and some of the lemon juice. Stir and add more juice as needed for a very thin glaze. Brush the glaze onto the top of each muffin, doing it twice if you have enough.