



Miss Windsor's DELECTABLES

Miss Windsor's Blackberry & Elderberry Breakfast Muffins!

Preparation time: 30 mins

Cooking time: 20 to 23 mins

Serves 14 delightful guests!

Ingredients

- 1/4 cup (60g) unsalted butter (room temperature)
- 1/3 cup (70 g) caster sugar (double the amount, if you have a sweet tooth!)
- 1 egg – well beaten
- 2 & 2/3 cups (340g) all-purpose flour / plain flour
- 4 heaped teaspoon of baking powder
- 1 & 1/2 cups (approx.375ml) whole milk
- 2 cups (approx.280g) - mixed blackberries and elderberries
(please note: you can use any berries you like!)
- 1 teaspoon of vanilla essence
- for decoration: extra berries, and a sprinkling of porridge oats

Equipage

- 1 large muffin tray

Method

1. Darlings, before you proceed, wash those greasy little 'mitts' of yours – Ta very muchly!
2. Pre-heat your oven to: 200°C / 180°C Fan / 400 °F / gas mark 6.
3. Prepare your muffin tray! So, place good-looking muffin cases into each slot – How spiffing!
4. In a large mixing bowl, with a wooden spoon beat the room temperature butter until light and creamy.
5. Now, gradually add the sugar, then the beaten egg and vanilla essence – mix well!
6. Using a separate mixing bowl, sift the flour about 2 or 3 times – this will help to make the muffins nice and light.
7. Add the baking powder and mix together until thoroughly distributed. Reserve 1/4 cup (approx.40g) of flour to coat the blackberries and elderberries with.



8. Darlings, using yet another mixing bowl, coat your blackberries and elderberries with the reserved flour – this will prevent the berries from bleeding during cooking. Set the berries to one side.
9. To the butter/sugar/egg mixture – add 2 heaped dessertspoons of flour, followed by 2 or 3 glugs of whole milk. Repeat until the flour and milk are finished, then mix well with a wooden spoon.
10. Carefully add the flour coated blackberries and elderberries, then with your delicate hand and dessertspoon please mix with caution to avoid any damage to the berries – Much obliged!
11. Now, dollop the mixture evenly between the muffin cases. Top with blackberries, elderberries and a sprinkling of porridge oats.
12. Place on the middle shelf of oven. Bake for 5 minutes, then turn down the temperature to 180°C / 160°C Fan / 360 °F / gas mark 4.
13. Bake for a further 15 minutes or so, until muffins have risen and are slightly sun-kissed – How pleasant!
14. Darlings, enjoy with a generous slather of slightly salted West-Country butter, or any jam of choice!

Miss Windsor x