

Rhubarb and Lemon Muffins

Season: Spring/Summer

Makes: 18 standard or 36 mini muffins

Fresh from the garden: rhubarb, lemon, eggs

Rhubarb and lemon is a zesty combination, but you can substitute other fruit into the recipe, such as chopped apple or blueberries, or a mix of fruit. The key to a light muffin is not over-mixing – lumps and visible flour are okay!

Equipment:

metric measuring scales, cups and spoons
tea towel
chopping board
cook's knife
zester
standard or mini muffin tins
bowls – 1 medium, 1 large
sifter
large (1-litre) measuring jug
whisk
wooden spoon

Ingredients:

200 g fresh rhubarb, chopped into 1 cm pieces
¾ cup (150 g) sugar
2 cups (275 g) white flour
2 tsp baking powder
½ tsp baking soda
½ tsp cinnamon
2 eggs
½ cup (100 ml) olive oil
1 cup Greek yoghurt
1 tsp vanilla
zest of one lemon (about 1 tsp)
oil or butter for greasing muffin tins

Instructions:

1. Preheat the oven to 175°C (fan-forced).
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Grease the muffin tins.
4. Combine sugar and chopped rhubarb in a medium-sized bowl and set aside.
5. Sift flour, baking powder, baking soda and cinnamon into a large bowl.
6. In a large (1-litre) measuring jug, whisk the eggs, olive oil, yoghurt, vanilla and lemon zest until combined.
7. With a wooden spoon, stir the yogurt mixture into the dry ingredients, until just (barely) combined. Do not overmix – lumps and visible flour are okay.
8. Add the chopped rhubarb and sugar mixture and continue to fold the mixture with the wooden spoon until just combined. Again, do not over stir the mixture or the muffins will be rubbery and heavy, not light in texture.
9. Place the mixture into the greased muffin cups.
10. Standard muffin tins: Bake for 20 to 25 minutes, or until muffins are golden brown and a skewer comes out clean when inserted in the centre.
11. Mini muffin tins: Bake for 10 to 12 minutes, or until muffins are golden brown and a skewer comes out clean when inserted in the centre.