

BLUEBERRY-WALNUT BRAN MUFFINS

(adapted from Dan Lepard)

75g wheat bran
100g dark brown sugar
200ml milk (*3/4 cup*)
1 Tbs molasses
zest of 1 orange
150ml vegetable oil (*1/2 + 1/8 cup*)
2 large eggs
200g all purpose flour
3 tsp baking powder
75g sugar
pinch of salt
1/2 cup fresh blueberries
1/2 cup dried raisins and dried blueberries
1/2 cup walnuts, lightly toasted and chopped

Heat the oven to 400F (200C) and line the cups of 6 large muffin tins with paper.

Place the wheat bran and the brown sugar in a mixing bowl. Bring the milk almost to a boiling point, and pour it over the bran. Mix to incorporate, and allow it to sit for 5 minutes. Beat in the molasses, orange zest, oil and eggs until very smooth.

Sift the flour, baking powder, sugar, and salt, then gently mix this through the bran mixture trying not to over-mix. Fold in the blueberries, raisins, dried blueberries, and walnuts. Spoon the mixture into the prepared muffin tin, and bake for about half an hour, until they get a dark brown color on top and feel firm to the touch. Tip the muffins slightly off the pan to cool them without steaming the bottom.