



stoneware

Giant Breakfast Muffin

Stoneware Ramekins



Giant Breakfast Muffin

Makes 4

These breakfast muffins made with oats, vine fruits and honey are full of goodness to start your day. Using baking paper cases in the ramekins gives a real café style at home. Make the muffins ahead of time and warm through in minutes for a speedy breakfast. For a more indulgent muffin split the top and spoon in some honey flavoured Greek yogurt or fruit puree.

Le Creuset Stoneware
Ramekins x 4

Ingredients

1 orange – juice (around 75ml) and zest
3 tablespoons honey
¼ teaspoon orange extract - optional
115g raisins or sultanas
140g plain flour
25g rolled oats
25g caster sugar
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
½ teaspoon cinnamon
Pinch salt
125ml semi skimmed milk
1 large egg
55g melted butter
4 x 16cm squares baking paper or 4
readymade tulip style muffin cases

Topping

2 tablespoons rolled oats
1½ tablespoons Demerara sugar

Method

1. Preheat oven to 200°C (Fan oven 180°C).
2. To make the cases fold each square in half and half again to give you a creased guideline. Unfold and place a baking paper square over each of the ramekins. Press the centre into the shape of the base of the ramekin and make folds at the crease point in between the peaks to make a case. It does not need to be neat. Alternatively place ready made tulip style cases into the ramekins.
3. Combine the orange juice, zest, honey, orange extract and fruit in a small saucepan and simmer for a couple of minutes to allow the fruit to soak up most of the liquid and become plump.
* Alternatively place in a small bowl, cover with cling film and microwave for 2 minutes on 800w. Set to one side to cool.
4. Measure the milk into a jug and whisk in the egg and melted butter.
5. Mix the flour, oats, sugar, baking powder, bicarbonate of soda, cinnamon and salt in a bowl. Make a well in the centre of the dry ingredients, add the soaked fruit and pour in the milk mixture.
6. Combine everything together lightly to make a thick batter, taking care not to over mix.
7. Divide the mixture equally between the paper muffin cups in the ramekins.
8. Mix the oats and sugar for the topping together and sprinkle over the tops.
9. Bake in the centre of the oven for 20-22 minutes until golden brown, well risen and springs back when pressed.

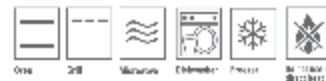
Cook's notes

Muffins freeze well, just place them in an airtight plastic container with a lid. Remove as required, defrost and warm through before serving.



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0.2L Ramekins

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