

Irish Soda Bread Muffins

(adapted from King Arthur Flour.com)

1 1/2 cups all-purpose flour
3/4 cup white or regular whole wheat flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/3 cup sugar
1 1/2 cups currants (first choice) or raisins
1/2 to 2 teaspoons caraway seeds, to taste
1 large egg
1 cup buttermilk, yogurt, or sour cream
6 tablespoons butter, melted; or 1/3 cup vegetable oil sugar, for topping

Preheat the oven to 400°F. Lightly grease a standard muffin pan; or line with papers, and grease the papers. Whisk together the dry ingredients, currants or raisins, and caraway seeds. In a separate bowl, whisk together the egg, buttermilk (or equivalent) and melted butter (or equivalent). Quickly and gently combine the dry and wet ingredients with a bowl scraper or large spoon. As soon as everything is evenly moistened, quit; further stirring will cause the muffins to be tough.

Spoon the batter into the prepared pan, filling the cups about 3/4 full; the stiff batter will look mounded in the cups. Top with sugar, if desired. Bake the muffins for approximately 20 minutes, Remove them from the oven. Tip the muffins in the pan, so their bottoms don't get soggy. Wait 5 minutes, then transfer the muffins to a rack to cool.

Serve them plain, or with butter and/or jam. Make one dozen.