MUFFINS & SCONES

MUFFINS: ADULT

Lemon Blueberry Muffins

By Julie Yuhas of Holmdel, NJ – 1st Place

Ingredients for the Crumb Topping:

1½ cup flour
⅓ cup brown sugar
⅓ cup sugar
⅛ salt
1/2 cup butter, melted

Ingredients for the Muffins:

½ cup butter
1 cup sugar
2 eggs
1 teaspoon vanilla
2 cups of flour
½ cup milk
1 cup of blueberries (dusted with flour)

Ingredients for the Glaze:

¾ cup confectioners' sugar
1 tablespoon butter
2 tablespoons milk
½ teaspoon lemon extract

Make First and Set Aside

Instructions for the Crumb Topping:

1. Mix flour, brown sugar, sugar, salt and melted butter. And set aside.

Instructions for the Muffins:

1. Preheat the oven to 375°F.
2. Cream butter and sugar. Add eggs, mix well.
3. Alternate wet and dry ingredients. Gently fold in blueberries.
4. Pour into muffin pans lined with paper liners.
5. Add crumb topping on top.
6. Bake for 20 minutes.

Instructions for the Glaze:

1. In a small bowl, combine confectioner's sugar, butter, milk and lemon extract. Mix well until smooth.
2. Drizzle over cool muffins.

Blueberry Muffins with Garden Grown Blueberries

By Dawn Murray of Freehold, NJ – 2nd Place

Ingredients for the Muffins:

3 cups of all-purpose flour
1 tablespoon baking powder
1 teaspoon kosher salt
¼ cup unsalted butter (room temperature)
¼ cup vegetable oil
1 cup granulated sugar + some for sprinkling tops of muffins
3 large eggs
1 cup sour cream
2 teaspoons vanilla extract
1 tablespoon lemon juice
¾ cup garden blueberries
¾ cup mashed garden blueberries

Instructions for the Muffins:

1. Preheat the oven to 400°F.
2. In a medium bowl, whisk together the flour, baking powder, and salt.
3. In a large bowl, beat the butter, vegetable oil, and 1 cup of sugar in a stand mixer on low speed until light and fluffy.
4. Add eggs one at a time, beating until each is incorporated. Beat in the sour cream, vanilla, and lemon juice until incorporated.
5. Add the flour mixture to the wet ingredients in 3 additions, stirring by hand until each addition is incorporated. Do not overmix.
6. Place ¾ cup of the blueberries in a bowl – mash using a fork.
7. Fold the mashed blueberries and remaining ¾ cup whole blueberries into the batter.
8. Cover with plastic wrap and chill in the refrigerator for at least one hour.
9. Line muffin tin with paper liners. Use an ice cream scooper to fill liners. Sprinkle sugar over tops of muffins.
10. Bake the muffins for 5 minutes, then reduce the oven temperature to 375°F.
11. Bake for about 20 minutes, or until the muffin tops are golden brown and a toothpick inserted in the center of the muffins comes out clean.
12. Remove from the oven. Let muffins cool on a wire rack.

Cinnamon Muffins

By Jeanne O'Brien of Holmdel, NJ – 3rd Place

Ingredients for Glaze Topping:

¾ cup powdered sugar
1 tablespoon butter
2-3 tablespoons of milk
1 teaspoon vanilla

Ingredients for the Cinnamon Streusel:

½ cup butter, melted
1½ cup flour
¾ cup brown sugar
½ cup crushed cinnamon toast crunch cereal
1 teaspoon cinnamon

Ingredients for the Muffins:

¾ cup butter
1 cup sugar
2 eggs
2 teaspoons vanilla
⅔ cup sour cream
2 cups of flour
½ teaspoon baking soda
1½ teaspoons baking powder
½ teaspoon salt
¼ cup milk

Instructions for the Cinnamon Streusel:

1. Mix melted butter, flour, brown sugar, cinnamon toast crunch cereal and cinnamon. Mix until all ingredients are combined. Set aside.

Instructions for the Muffins:

1. Preheat oven to 425°F.
2. Line cupcakes pan with cupcake liners. Set aside.

3. In a mixing bowl, cream butter and sugar until combined.
4. Stir in eggs, vanilla, and sour cream, mix well.
5. Add the flour, baking soda, baking powder, and salt, alternating with the milk. Whisk together until the flour is all incorporated. Don't overmix the batter.
6. Use a medium-size cookie scoop (1½ tablespoons) and scoop the muffin batter into the cupcake liner.
7. Use a small cookie scoop (2 teaspoons) and scoop the streusel. And place on top of the batter. Slightly press down but don't mix.
8. Scoop muffin batter (1½ tablespoons) on top of the streusel.
9. Sprinkle a little of the streusel on top of each muffin.
10. Bake in the preheated oven 425°F for 5 minutes, then 350°F for 15-20 minutes.
11. Cool the muffins in the pan for 3-4 minutes. Then transfer to a cooling rack to cool completely.
12. While the muffins are cooling, make the glaze.

Instructions for the Glaze:

1. Mix the powdered sugar, milk, and vanilla extract. Mix until you have a smooth glaze.
2. Once the muffins are cooled, drizzle the glaze on the muffins.

Blueberry Muffins

By Angela Ciol of Morganville, NJ – Honorable Mention

Ingredients for Muffins:

1½ cups sifted flour
¼ cup sugar
2 teaspoons baking powder, level
½ teaspoon salt
¼ cup butter
1 egg
½ cup milk
1 cup blueberries, floured
½ teaspoon vanilla

Ingredients for Crumbs Mix:

½ cup sugar
½ teaspoon cinnamon
⅓ cup sifted flour
¼ cup butter, melted

Instructions for Crumbs Mix:

1. Combine sugar, cinnamon, flour and melted butter. Mix well together to develop crumb. Set aside.

Instructions for Muffins:

1. Preheat oven to 400°F. Line muffin pan with cupcake liners. Set aside.
2. Mix in flour, sugar, baking powder, salt, butter, egg, and milk.
3. Fold in blueberries, and vanilla.
4. Using an ice cream scooper to fill line muffin. Sprinkle crumbs mix on top and bake for 20-25 minutes.

SCONES: ADULT

Lemon Blueberry Scones

By Joan Haggar of Freehold, NJ – 1st Place

Ingredients for the Scones:

2 cups of flour
6 tablespoons granulated sugar
1 tablespoon fresh lemon zest
2½ teaspoons baking powder
½ teaspoon salt
½ cup unsalted butter, frozen
½ cup + 1 tablespoon heavy cream
1 large egg
1½ teaspoons vanilla extract
1 cup blueberries
1 tablespoon water

Ingredients for the Lemon Icing:

1 cup confectioner's sugar
3 tablespoons lemon juice

Instructions for the Scones:

1. In a large bowl, whisk together the flour, sugar, lemon zest, baking powder, and salt. Using a box grater, shred the frozen butter. Add the butter to the flour mixture and use a pastry cutter to blend until the mixture forms pea-sized crumbs. Place the bowl in the freezer.
2. In a small bowl, whisk together ½ cup of the heavy cream, egg, and vanilla extract. Remove the flour mixture from the freezer. Pour the cream mixture over the flour mixture and add the blueberries. Gently mix with a spatula until everything appears moistened and the ingredients are just combined.
3. Lightly flour a work surface. Pour the crumbly mixture onto the surface and, with floured hands, work the dough into a ball as best you can. If the dough is too sticky, sprinkle a little more flour on top. Form the dough into an 8-inch disc, about 1 inch thick. Use a sharp knife to cut the disc into 8 wedges.

4. In a small bowl, mix the remaining 1 tablespoon cream with the water, then brush it on the scones. Place the scones on a parchment paper-lined baking sheet and refrigerate for at least 1 hour.
5. Preheat the oven to 400°F.
6. Bake for 22-25 minutes or until lightly browned on top and golden around the edges. Cool the scones on the baking sheet for 5 minutes before icing.

Instructions for the Lemon Icing:

1. In a small bowl or liquid measuring cup, whisk together the confectioners' sugar and lemon juice.
2. Drizzle the icing over the scones.

Cranberry Scones

By Cara Graham of Tinton Falls, NJ – 2nd Place

Flaky, buttery scones with dried cranberries

Ingredients for the Scones:

8 tablespoons (1stick) unsalted butter
2 cups of all-purpose flour
½ teaspoon salt
2 teaspoons of baking powder
¼ teaspoon baking soda
½ cup granulate sugar
½ cup cold sour cream (or heavy cream)
½ cup cold milk
1 teaspoon vanilla extract
1½ cups dried cranberries

Ingredients for the Topping:

2 tablespoons unsalted butter, melted
3 tablespoons coarse or turbinado sugar

Instructions:

1. **Prep:** Preheat the oven to 425°F. Line a large baking sheet with parchment paper.
2. **Mix the wet ingredients:** Whisk together the sour cream, milk, and vanilla until smooth. Refrigerate while you prepare the dry ingredients.
3. **Combine the dry ingredients:** In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
4. **Grate the butter:** Using the large holes of a box cheese grater, grate the frozen butter directly into the flour mixture. Toss gently so every piece of butter is coated with flour.
5. **Make the dough:** Pour the cold wet ingredients into the flour mixture. Stir only until the dough barely comes together. Turn it onto a lightly floured surface, gently press it together, and fold it over itself 3-4 times. Do not knead or overwork the dough.

6. **Add the cranberries:** Pat or roll the dough into a rectangle, about 16 x 12 inches. Sprinkle the dried cranberries evenly over the surface and gently press into the dough. Fold or roll the dough into a log.
7. **Cut:** With a sharp knife, cut the log into 8 large scones or 12 smaller scones. Transfer them to the prepared baking sheet, leaving space between each one.
8. **Finish:** Brush the tops with the melted butter and sprinkle generously with coarse sugar. Chill the shaped scones for 15-30 minutes so they hold their shape better while baking.
9. **Bake:** Bake for 15-20 minutes, or until the tops are golden and centers are cooked through. Let cool for about 10 minutes before serving.

Wild Blueberry Scones

By Grace McCaffrey of Red Bank, NJ – 3rd Place

Yield: 8 scones

Ingredients for the Crumb Topping:

⅓ cup + 1 tablespoon all-purpose flour
¼ cup granulated sugar
3 tablespoons unsalted butter, melted
1 teaspoon light brown sugar

Ingredients for the Blueberries Scone Dough:

4 tablespoons unsalted butter, frozen
1 cup frozen wild blueberries
1 cup + 1 tablespoon cold heavy cream
2 cups of all-purpose flour
¼ cup granulated sugar
2¾ teaspoons baking powder
1 teaspoon fine sea salt

Ingredients for the Vanilla Glaze:

1 cup powdered sugar
1 teaspoon vanilla extract
2-3 tablespoons shelf stable oat milk

Instructions:

1. Line a baking sheet with parchment paper.
2. Prepare the crumb topping by combining the flour, sugar, melted butter, and brown sugar until crumbly. Refrigerate until ready to use.
3. Grate the frozen butter and return it to the freezer. Keep the blueberries frozen and the heavy cream refrigerated until needed.
4. In a large bowl, whisk together the flour, sugar, baking powder, and salt. Stir in the grated frozen butter.
5. Make a well in the center and pour in the cold heavy cream. Mix gently with a rubber spatula until mostly combined. Using your hands, gently lift and crumble the dough until only a few dry spots remain. Add the frozen

blueberries and continue mixing just until the dough comes together. Refrigerate the dough for 15 minutes.

6. Turn the dough onto a lightly floured surface and gently press into an 8-inch round. Cut into 8 wedges and place on the prepared baking sheet.
7. Break the chilled crumb topping into small pieces and evenly distribute over the scones.
8. Chill the shaped scones while the oven preheats to 400°F.
9. Bake for 15-20 minutes, or until the tops and edges are golden brown. Cool completely on a wire rack.
10. Whisk together the powdered sugar, vanilla, and enough oat milk to make a smooth glaze. Drizzle over the cooled scones and allow the glaze to set before serving.