

Fruit-Filled Scuffins

Ingredients

- 4 tablespoons unsalted butter (2 ounces), plus 2 tablespoons for buttering muffin cups
- 1 cup whole-wheat flour (4 1/2 ounces)
- 3/4 cup all-purpose flour (3 ounces)
- 1/4 cup plus 1 tablespoon flaxseed meal or wheat germ (1 ounce)
- 3 tablespoons light brown or raw sugar (2 ounces), plus extra for sprinkling
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon ground cardamom
- 1/2 teaspoon sea salt or kosher salt
- 1 egg
- 1/3 cup whole milk
- 1/3 cup heavy cream
- 3/4 cup fruit jam, conserves, preserves or fruit butter (do not use jelly or marmalade)

Preparation

Heat oven to 350 degrees. Melt 2 tablespoons butter in a microwave or over very gentle heat. Using a pastry brush, butter the cups of a standard-size (3 1/2-ounce-capacity) 12-cup muffin tin. Let each coat of butter cool, then apply another coat; continue until the 2 tablespoons are all used.

In a mixing bowl, combine dry ingredients. Meanwhile, melt remaining 4 tablespoons butter, add to dry ingredients and mix with a fork until just combined.

In another bowl, whisk together egg, milk and cream. Add to dry ingredients and mix to combine (the dough will be quite sticky).

Reserving about a quarter of the dough for topping, scoop 2 tablespoons dough into each cup. Using the back of a spoon, press dough gently down into the cups. The dough will move up the sides, and there should be a shallow well in each dough cup. Don't worry if the dough doesn't come all the way up to the top; there should be about 1/2 inch of space between the top of the dough and the rim of the cup.

Spoon about 1 tablespoon jam into each well. Using your fingers, pinch remaining dough into small clumps and scatter evenly over the jam in each cup, making a bumpy topping. Sprinkle sugar over the tops.

Bake 20 to 25 minutes, or until browned. Let cool in the pan on a rack; run a blade around the sides of each scuffin before turning out.

Yield 12 scuffins