



Sourdough Blueberry Muffins

Source: adapted from [Emily Raffa](#) Bob and Robin Young
The Captains Shack PDF: [Sourdough-Blueberry-Muffins.pdf](#)

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Prep: 10 min Cook: 28 min Total: 38 min Yield: 12+ muffins

Ingredients:

115 g unsalted Butter, at room temperature
100 g granulated Sugar
4.2 g pure Vanilla Extract
Zest of 1 Lemon
2 lg Eggs at room temperature
250 g All Purpose Flour
3.1 g Baking Soda
3.1 g fine Celtic Sea Salt
125 g Sourdough Starter, active or discard
125.5 g Whole Milk at room temperature
185 g fresh Blueberries, plus more for decoration or the fruit of your choice
7.25 g Blueberry Preserves, if using blueberries, optional
Powdered sugar, to serve

Instructions:

Preheat your oven to 375° F/ 190° C. Line a 12-cup muffin pan with paper liners.

Sift the flour, baking soda and salt together in a small bowl; set aside.

Whisk the sourdough starter and milk together in a separate small bowl; set aside.

In a stand mixer fitted with the paddle attachment (or by hand with a wooden spoon): cream the butter, sugar, vanilla extract and zest together. Add the eggs, one at a time, beating well after each addition. Working in batches, add $\frac{1}{2}$ of the flour mixture. Once absorbed, add half of the milk mixture. Repeat until everything is used up and the batter is smooth and well incorporated. Add the blueberry preserves, if using, and mix well.

Fold the blueberries, or fruit of your choice, into the bowl with a rubber spatula. Make sure to evenly distribute the berries throughout the batter (check the bottom of the bowl!).

Using 2 $\frac{1}{2}$ " paper cupcake liners, fill the liners about $\frac{3}{4}$ of the way full (I use an ice cream scoop). Top with a few berries, if you like making sure to tuck them in so they don't pop out during baking.

At this point, you can bake right away or chill overnight, for 12+ hours.

To bake now: place the tin on the center rack and bake for 25-28 minutes.

To bake later: remove the tin from the refrigerator; discard the foil. Bake straight from cold for 25-28 minutes.

Cool the muffins in the pan for 15 minutes. Transfer to a wire rack to finish cooling so the bottoms don't get soggy. Serve warm or at room temperature with powdered sugar.