

Vegan Blueberry Lemon Scuffins

Makes 6 scuffins



“Alyssa Marie came to my family farm as a member of the World Wide Opportunities on Organic Farms. She loves baking and she taught me a few things about vegan cooking. These pastries, Alyssa’s cross between a muffin and a scone with a thick berry glaze, even ended up being sold at the family farm stand!”

Rathleen King

Ingredients

2 1/2 cups unbleached all-purpose flour

1/2 cup sugar

1 tablespoon baking powder

1/4 teaspoon salt

8 tablespoons (1 stick) cold vegan soy margarine, cut into 1/2-inch cubes

1/2 cup water or almond milk

1/4 cup fresh lemon juice

Grated zest of 1 lemon

1 cup fresh or frozen (not thawed) blueberries

Directions

In a large bowl, whisk together the flour, sugar, baking powder and salt. Using a pastry blender, cut in the margarine until the mixture is crumbly with some pea-sized pieces of margarine. In a small bowl, whisk together the water, lemon juice and lemon zest. Freeze the flour and water mixtures in their separate bowls for 15 minutes.

Position an oven rack in the center of the oven and pre-heat the oven to 425 degrees. Line a large rimmed baking sheet with parchment paper or a silicone baking mat.

Add the blueberries to the flour mixture and toss to coat. Stir in the water mixture. The dough will seem dry. Turn it out onto a work surface and knead gently until comes together. Do not overwork. Pat into a 1-inch-thick disk. Cut into 6 wedges, like a pizza. Place the wedges 4 inches apart on the prepared baking sheet.

Bake until golden brown, about 30 minutes. Let cool in the pan for 10 minutes.

Blueberry Rosemary Glaze

Ingredients

2/3 cup fresh or thawed frozen blueberries

Leaves from one 3-inch sprig fresh rosemary

1/2 cup confectioners’ sugar

2 tablespoons fresh lemon juice

2 teaspoons pure vanilla extract

1/8 teaspoon cornstarch

Directions

In a food processor, puree the blueberries, rosemary, confectioners’ sugar, lemon juice, vanilla and cornstarch. Transfer to a small saucepan and bring to a boil, stirring often, over medium heat. Cook, stirring often, until slightly thickened, about 30 seconds. Remove from the heat and cool.

Transfer the warm scuffins to a wire cooling rack set over a rimmed baking sheet. Spoon and spread the glaze over the scuffins. Let cool completely.