Caramel Apple and Pear Muffins

Ingredients

[ ] butter, melted and slightly cooled

55g light Muscavado sugar

2 large eggs

200 ml milk

1 tsp vanilla extract

250g self-raising flour

1 tsp ground cinnamon

2 dessert apples, peeled, cored and chopped \*\*

1 pear, peeled, cored and chopped \*\*

\*\* approximately 200g in total

Caramel:

85g butter

50g Muscavado sugar

1 tbsp golden syrup

200g condensed milk (or half a tin)

Dried apple pieces to decorate

Method

1. Preheat the oven to 200ºC / gas mark 6 and line a muffin tin with 12 paper cases.
2. Place the butter, sugar, eggs, milk and vanilla extract in a mixing bowl and mix well, then fold in the flour and cinnamon with a gentle action. Finally mix in the apple and pear pieces and stir to combine.
3. Spoon the mixture into the paper cases, trying to divide the fruit up fairly equally.
4. Bake in the pre-heated oven for approximately 20 – 25 minutes until golden brown and well risen.
5. When cooked, leave to cool in the tin (they are quite delicate when hot) and start to make the caramel.
6. Place butter, sugar, syrup and condensed milk in a heavy based pan (I find non-stick works best) and very slowly bring to the boil, stirring constantly – this will take jolly ages, but will get there. Bubble away gently, stirring or whisking all the time, until it is pale golden to golden in colour. Do not let it “catch” on the bottom of the pan or it will burn.
7. Take off the heat and leave to cool slightly – it will remain hot for a while so mind your fingers.
8. Using a teaspoon gently top each muffin with the caramel, tilting to reach the edges, and then top with a piece of dried apple.
9. Then enjoy with your feet up and a brew – after all, it’s two of your 5-a-day!