

# TEA AND GINGER MUFFINS

(a dozen muffins)

- 1 cup unbleached white flour
- 1½ cups whole wheat flour
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 2 eggs
- 1½ cups plain yogurt
- ½ cup honey
- Zest of one orange
- ⅓ cup melted butter or preferred oil
- 2 tablespoons fresh ginger, grated
- nutmeg, grated



Preheat the oven to 375°.

Combine the flours with the salt, baking powder, and soda.

In a separate bowl, mix together the egg, yogurt, honey, orange zest, melted butter, and ginger.

Pour the wet ingredients into the dry and mix with as few strokes as possible to blend. Twenty is usually about right. Overmixing will make the muffins tough. I use a rubber spatula for this so I can get the residual batter off the sides of the bowl.

Grease a muffin tin (unless you have a modern nonstick one), or put a paper muffin cup in each pocket. Spoon in the batter about three-fourths of the way to the top of the muffin cups.

Grate some nutmeg over the tops of the muffins.

Bake for about 30 minutes until the tops have rounded and cracked and the sides have browned. On a recent batch, I discovered once again that it is not a good idea to use the bottom rack of the oven, as the bottoms of the muffins will tend to blacken.

Featured in *The Most Important Point: Zen Teachings of Edward Espe Brown*, 128. Parker.  
Adapted from *The Complete Tassajara Cookbook*, 190.