

Salt and Serenity

Rebel Within Savory Breakfast Muffins

Makes 8 muffins

I first saw these muffins on the Food Network Show, *"Best Thing I Ever Ate."*

I felt such joy when I watched Molly Yeh cut open [Crafstman & Wolves](#) savory breakfast muffin to reveal a golden jammy egg in the center. How is it possible that the yolk stays runny, but the muffin batter surrounding it cooks? After a bit of research, I found a picture of all the raw ingredients, with the measurements on [eater.com](#). I played around with the proportions, added just a bit of sugar and scaled it to create 8 breakfast muffins.

Jammy Eggs:

8 large eggs

Muffin Batter:

268 grams cake and pastry flour (plus additional flour to roll soft boiled eggs in)

6 grams baking powder

6 grams baking soda

5 grams Diamond Crystal Kosher salt (2 grams Morton's Kosher salt)

2 large eggs

18 grams sugar

150 grams safflower or sunflower oil

137 grams full fat (14%) sour cream

200 grams spicy Italian sausage, removed from casing, crumbled and cooked in frying pan (I kept my muffins vegetarian and used [Beyond Sausage Hot Italian](#))

3 green onions, thinly sliced

70 grams Asiago cheese, grated

70 grams Parmesan Reggiano cheese, grated

For serving:

Flaky sea salt, Aleppo pepper or other hot sauce

1. Bring a large pot of water to a boil. Gently lower 8 large eggs into pot and yell to Alexa to set the timer for exactly 6 minutes. While eggs are boiling, fill a bowl with ice and water. After 6 minutes, immediately plunge eggs into ice water. Let them sit for 10 minutes and then gently peel and place in fridge while you make the muffin batter.
2. Spray 8 cavities of a 12-cavity muffin tin with baking spray. Preheat oven to 425°F.
3. Sift together cake flour, baking soda, baking powder and salt.
4. In a large mixing bowl, whisk 2 large eggs with sugar, until lightened in colour, about 2 minutes. Add oil and whisk again until incorporated. Add sour cream and whisk again until batter is well blended.
5. Switch to a spatula and fold in flour mixture. Don't over mix. A few lumps are fine. Next, fold in sausage, cheeses, and green onion.
6. Remove eggs from fridge and dry well on a paper towel. Fill a small bowl with about ½ cup of cake flour and gently roll each egg into the cake flour to coat it. The coating of flour allows the muffin batter to stick to the egg. Set flour coated eggs aside.
7. Transfer batter to a disposable pastry bag and snip the tip of bag off with a sharp pair of scissors. Pipe a bit of batter into 8 oiled muffin tins. You just want to cover the bottom of

- the pan. Use your fingertip or a small spatula to bring the batter up the sides of the tin a bit.
8. Place eggs in center of muffin batter (pointy side up). Pipe more batter around each egg to completely cover it. Use the back of a spoon to smooth out the spiral that the piping bag makes.
 9. Bake for 10-11 minutes until muffins are risen and golden brown. Muffins can be enjoyed hot or at room temperature. Once muffins are cut in half, sprinkle with flaky sea salt and Aleppo pepper or a squirt of hot sauce.

Any leftovers can be refrigerated for a day and gently reheated in a 325°F oven for 5 minutes.