

easy like sunday morning

BLUEBERRY MUFFIN TRIFLE & GRAPEFRUIT LAVENDER MIMOSA

Busy weekday mornings often result in proper breakfast taking a back seat. And that's a shame, because there is so much fun to be had with breakfast flavors. If a new work- or school-from-home schedule creates more time for morning meals, consider incorporating these celebratory dishes. Whether you take breakfast in bed or enjoy a brunch with friends, this blueberry muffin trifle and grapefruit lavender mimosa should satisfy your taste buds and make any day feel easy like Sunday morning.

RECIPES AND PHOTOGRAPHS BY KRISTEL MATOUSEK WWW.PHOTORICALFOOD.COM

Print Recipes

blueberry muffin trifle

Serves 4

Crème Fraîche

1 cup heavy cream
1½ tablespoons cultured buttermilk

Trifle

1 cup prepared crème fraîche
2 teaspoons lemon juice
¼ cup powdered sugar
8 ounces store-bought (approximately 4 standard-size) blueberry muffins
5 ounces fresh blueberries
Fresh mint, for garnish

To prepare the crème fraîche, combine heavy cream and buttermilk together in a measuring cup or jar.

Cover with cheesecloth and let sit for 12 hours at room temperature. After 12 hours at room temperature, refrigerate for 12 hours more.

Tip: For a thicker final product, allow the mixture to set at room temperature longer to culture. No longer than 24 hours.



Gently combine prepared crème fraîche, lemon juice, and powdered sugar with a spatula or spoon. Mix until smooth and no clumps remain. Do not overwork the cream as this will cause it to curdle. Add additional lemon or powdered sugar to your tastes and desired sweetness. Divide the cream 4 ways or approximately 2.25 ounces per layer.

Cut the muffin into cubes and divide 4 ways, approximately 2 ounces per layer.

Construct the trifle by alternating layers of crème fraîche, blueberries, and muffin cubes. Garnish with fresh mint, if desired.

Tip: For a boozy brunch treat, add brandy to the muffin layer.

grapefruit lavender mimosa

Serves 4

4 tablespoons lavender simple syrup (recipe to follow)
10 ounces chilled grapefruit juice (2.5 ounces per serving)
10 ounces chilled rosé champagne (2.5 ounces per serving)

Lavender Simple Syrup

1 cup water
1 cup sugar
1 ounce blueberries (for color)
2 tablespoons food-grade dried lavender flowers

Combine all the ingredients for the lavender simple syrup in a saucepan over medium heat. Stir occasionally and remove from heat after it's thickened and sugar has dissolved.

Pour over a bowl or glass topped with a mesh strainer to separate the syrup from the unwanted lavender florets and blueberry debris. Cool fully before use.



Pour 1 tablespoon of prepared lavender syrup into a champagne flute. Follow with equal parts grapefruit juice and rosé champagne. Serve chilled.

Tip: Use the clarified simple syrup to add flavor to any cocktail, tea, or coffee. Store excess in a sealed container for future use.



Janie Merkle Nichols, Realtor®
949.633.8380 Cell
Call or Text
"Your Real Estate Consultant for Life"
JanieMerkle.com
BRE #01260940

