Fruit-Filled Scuffins

[**JULIA MOSKIN**](https://cooking.nytimes.com/32139893-julia-moskin/my-recipes)

* **YIELD**12 scuffins

INGREDIENTS

* **4** **tablespoons unsalted butter (2 ounces), plus 2 tablespoons for buttering muffin cups**
* **1** **cup whole-wheat flour (4 1/2 ounces)**
* **¾** **cup all-purpose flour (3 ounces)**
* **¼** **cup plus 1 tablespoon flaxseed meal or wheat germ (1 ounce)**
* **3** **tablespoons light brown or raw sugar (2 ounces), plus extra for sprinkling**
* **1 ½** **teaspoons baking powder**
* **1** **teaspoon cinnamon**
* **1** **teaspoon ground cardamom**
* **½** **teaspoon sea salt or kosher salt**
* **1** **egg**
* **⅓** **cup whole milk**
* **⅓** **cup heavy cream**
* **¾** **cup fruit jam, conserves, preserves or fruit butter (do not use jelly or marmalade)**

PREPARATION

1. Heat oven to 350 degrees. Melt 2 tablespoons butter in a microwave or over very gentle heat. Using a pastry brush, butter the cups of a standard-size (3 1/2-ounce-capacity) 12-cup muffin tin. Let each coat of butter cool, then apply another coat; continue until the 2 tablespoons are all used.
2. In a mixing bowl, combine dry ingredients. Meanwhile, melt remaining 4 tablespoons butter, add to dry ingredients and mix with a fork until just combined.
3. In another bowl, whisk together egg, milk and cream. Add to dry ingredients and mix to combine (the dough will be quite sticky).
4. Reserving about a quarter of the dough for topping, scoop 2 tablespoons dough into each cup. Using the back of a spoon, press dough gently down into the cups. The dough will move up the sides, and there should be a shallow well in each dough cup. Don’t worry if the dough doesn’t come all the way up to the top; there should be about 1/2 inch of space between the top of the dough and the rim of the cup.
5. Spoon about 1 tablespoon jam into each well. Using your fingers, pinch remaining dough into small clumps and scatter evenly over the jam in each cup, making a bumpy topping. Sprinkle sugar over the tops.
6. Bake 20 to 25 minutes, or until browned. Let cool in the pan on a rack; run a blade around the sides of each scuffin before turning out.