

Bakers Banquet



Corn Muffins

Ingredients:

2 cups (280 grams) yellow cornmeal, to be divided
1 cup (130 grams) all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 1/2 teaspoons kosher salt
1 1/4 (300 ml) cups milk (I used whole milk)
1 cup (240 grams) sour cream (full fat plain yogurt will work here too)
8 tablespoons (240 grams) unsalted butter, melted and slightly cooled
1/4 cup (50 grams) granulated sugar
3 tablespoons honey
2 large eggs, lightly whisked

Directions:

Heat the oven to 425° F. Either grease a 12 cup standard muffin tin, or you can use disposable liners. (I greased the muffin tin with cooking spray and they just popped right out. I also like the golden color the sides of the muffins turn when you grease the pan.)

Whisk 1 1/2 cups of the cornmeal, flour, baking powder, baking soda, and salt together in a medium bowl.

In a large microwave bowl combine milk and remaining 1/2 cup of cornmeal. Cook the cornmeal-milk mixture for 1 1/2 minutes. Stir. Continue to microwave at 30 second intervals, stirring in between each increment. Cook until all the milk is absorbed and the mixture is thick. (If

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you don't have a microwave or would like to do this on the stove, cook the mixture over medium heat, whisking constantly until the mixture thickens.)

Gently stir the melted butter, then sugar, then the sour cream into the cooked cornmeal until combined. Stir in the eggs until combined. Fold in the flour mixture until thoroughly combined. The batter will be very thick.

Use an ice cream scooper to distribute batter evenly between the 12 cups. I had enough batter for three extra muffins.

Bake for 13-17 minutes, until the tops are golden brown and a skewer inserted into the center of a muffin comes out clean. Rotate muffin tins halfway through baking time to ensure even baking. Let the muffins cool in the pan on a wire rack for 5 minutes. Next, remove the muffins from the tin and let them cool 5 additional minutes. Serve warm