



FRESH CORN MUFFINS

MAKES 12 CONVENTIONAL MUFFINS OR 24 MINI MUFFINS

INGREDIENTS

- 1 cup flour
- 3/4 cup yellow corn meal
- 2 tablespoons sugar
- 1 1/2 teaspoon baking powder
- 1 teaspoon salt
- A few grinds of black pepper, or a pinch of cayenne
- 2/3 cup buttermilk * or milk
- 3 tablespoons oil
- 1 egg
- 2/3 cup cooked corn kernels cut off the cob – about 1 ear of corn.

DIRECTIONS

Preheat the oven to 450° F (250° C).

Grease your muffin pan

Blend the following in a large bowl: flour, cornmeal, sugar, baking powder, salt and pepper.

In a smaller bowl, blend buttermilk, oil and egg.

Make a well in the center of the flour mixture and pour the liquid mix into it, stirring gently until everything is blended. Don't over-stir; that will make a tough muffin.

Mix the corn kernels in, gently.

Fill the muffin cups. Bake for 20-25 minutes, or until the muffins are uniformly golden brown.

Allow the muffins to cool 5 minutes.

*Homemade Buttermilk- combine 4 ½ teaspoons white vinegar with 1 cup milk and let stand for 10-15 minutes until the mixture curdles. Use the mixture in the recipe.