

CORNMEAL MUFFINS

Yield: 10 muffins
Temp: 400° F
Time: 17-20 min.

INGREDIENTS

150 mL	cornmeal
250 mL	milk
80 mL	oil
1	egg, large
275 mL	flour
80 mL	sugar
20 mL	baking powder
2 mL	salt



METHOD:

1. Set oven to 400° F.
2. In a small mixing bowl, combine the cornmeal and the milk. Set aside.
3. In a medium mixing bowl, sift together the flour, sugar, baking powder, and salt.
4. Mix the egg and oil into the cornmeal mixture and beat together with a fork.
5. Make a well in the dry ingredients. Add the cornmeal mixture to the dry.
6. Fold in with a rubber spatula until all dry ingredients are moistened. (DO THIS GENTLY TO AVOID OVERMIXING)
7. Using your large metal spoon and a rubber spatula divide the batter between 10-12 of the muffin cups. Fill them $\frac{3}{4}$ full.
8. Bake for approximately 17-20 minutes. Muffins are done when they are golden brown and spring back when touched.
9. Remove muffins with a small metal spatula and cool on a cooling rack.