



Cornbread Muffins

Makes 12 muffins

This recipe, from the late Marion Cunningham, makes light and simple cornbread muffins. Feel free to add a cup of fresh blueberries or raspberries, or for savoury muffins, some chopped chives and some grated sharp cheddar. Minced fresh jalapeño peppers are another lively addition. These are great for breakfast, slathered in butter and jam or serve as is, as an accompaniment to dinner.

1 large egg, room temperature

1/2 cup (1 stick, 110g) butter, melted and cooled

1/4 cup (60 ml) vegetable oil

1 cup (240 ml) warm milk

1 cup (135g) cake flour

2/3 cup (110g) yellow cornmeal (medium ground)

1 tablespoon baking powder

1/2 teaspoon salt

1 tablespoon sugar

Preheat oven too 400°F (200°C). Grease a 12-cup muffin pan (I use a vegetable oil spray for this).



In a medium-sized bowl, whisk together the egg, melted butter and vegetable oil, then gradually blend in the milk.

In another bowl, whisk together the cake flour, cornmeal, baking powder, sugar and salt, and then stir the dry ingredients into the wet. Stir until well blended and then let sit on the counter for about 5 minutes for the batter to thicken a bit.

Divide the batter among the 12 muffin cups so each is about 3/4 full. Bake for 20 minutes until golden. Serve warm.