



Corn Muffins

Recipe from Executive Chef Terry Dox

1 cup fine-ground whole-grain yellow corn meal	2 large eggs
2 cups all-purpose flour	$\frac{3}{4}$ cup sugar
1 $\frac{1}{2}$ teaspoon baking powder	1 stick unsalted butter
1 teaspoon baking soda	$\frac{2}{3}$ cup sour cream
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk

Preheat oven to 400° with rack in middle position. Spray standard muffin tin with non-stick spray. With wire whip, mix corn meal, flour, baking powder, baking soda, and salt in medium bowl. Set aside in separate bowl. Whisk eggs. Add sugar to eggs, whisking until thick, about 30 seconds. Add melted butter in 3 additions, whisking to combine after each addition. Add half the sour cream and milk, and whisk to combine. Add remaining sour cream and milk and whisk until combine. Add wet ingredients to dry. Mix greatly with rubber spatula until batter is just combined and evenly moistened. Do not over mix. Using an ice cream scoop, divide batter evenly in 12 cup-muffin pan. Bake for 16-18 minutes, until muffins are lightly golden brown. Cool for 5 minutes and invert onto wire rack. Serves 12.

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