



Cool Corn Muffins

By Erin Fletter

Prep Time 7 / Cook Time 20 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

preheat: to set an oven to the desired temperature for a few minutes or heat a pan for a few seconds before cooking, so it reaches the correct temperature by the time you place the food in it.

spoon: to pick up and move food with a spoon from one place to another.

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Toothpicks

Ingredients

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- ☐ 1/2 C cornmeal
- ☐ 1/2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 3 T granulated sugar or honey (or 2 stevia packets)
- ☐ 1 tsp baking powder
- ☐ 1/4 tsp salt
- ☐ 1 small egg, beaten ****(for EGG ALLERGY sub 1 tsp baking soda + 1 T vinegar)****
- ☐ 1/4 cup vegetable oil ******
- ☐ 1/2 cup milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Egg: For 1 small egg, substitute 1 tsp baking soda + 1 T vinegar.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Dairy: Substitute dairy-free/nut-free milk.

Instructions

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intro

A simple but delicious muffin recipe that can easily be dressed up by adding corn kernels, honey, herbs, cheese or just about anything else. These muffins are rich and tender.

preheat + line

Preheat the oven to 400 F. Line the muffin pan wells with paper cupcake liners.

measure + mix

In a large bowl, have kids measure and mix **1/2 cup cornmeal**, **1/2 cup flour**, **3 tablespoons sugar**, **1 teaspoon baking powder**, and **1/4 teaspoon salt**. Crack **1 egg** and add it to the cornmeal mixture. Then pour in **1/4 cup vegetable oil** and **1/2 cup milk** and stir gently to combine.

spoon + bake

Line the muffin pan wells with cupcake liners, then spoon batter into the wells. Bake for 15 to 20 minutes, or until a toothpick inserted into a muffin comes out clean.

Featured Ingredient: Cornmeal!

Hi! I'm Cornmeal!

"I'm made from ground corn—either yellow, white, or blue! I can be coarse, fine, or somewhere in-between. Did you know that I'm in some of your favorite foods, like tacos, tamales, tortilla chips, corn puffs, and cornbread?!"

Cornmeal is a coarse flour or meal made from grinding corn. Native Americans first ground corn in the Americas a few thousand years ago.

The most common variety of cornmeal in the US is steel-ground yellow cornmeal, which is ground between steel rollers, and the germ and hull (or husk) are removed during the process. The cornmeal may be enriched to return nutrients to it. Because the germ has been removed, which contains the fat, steel-ground cornmeal will not spoil as quickly as other types if kept cool and dry in an airtight container.

Other types of cornmeal include white cornmeal (from more delicately flavored white corn), blue cornmeal (from blue corn), and stone-ground cornmeal (ground between two stones, a coarser grain, and retains some of the germ and the husk).

The size of the grind will determine how much liquid the cornmeal will absorb. The finer the grind, the more absorbent it is.

Cornmeal can be used to make cornbread, batters for fried foods (like corn dogs), corn fritters, and hushpuppies. Cheetos are even made from cornmeal that has had the germ removed and been enriched with nutrients.

Grits is a porridge made from boiled white cornmeal that originated in the Southern United States. In Northern Italy, boiled yellow cornmeal called polenta is popular.

If corn is ground very fine, it is called corn flour. Masa harina or masa is finely ground corn that has been soaked and cooked in an alkaline solution, such as limewater. Masa is used to make corn tortillas, arepas, and tamales.

Whole-grain cornmeal, such as the stone-ground type, is a good source of fiber and protein.

Cornmeal does not contain gluten, but due to its coarseness, you can only use it in a limited way to replace wheat flour in some recipes.