

K's Kitchen: Corn muffins with kernels

By Kathryn Reed

Corn often seems to be the missing ingredient from corn muffins. That's not the case with the recipe below.

It was such a novelty to taste kernels of corn in the muffins.

Even though corn is not in season year-round, these could be made all the time. I like to parboil corn, let it cool, then take the kernels off the cob. I put the kernels in freezer bags until I want to use them some time during the winter or spring.

Normally, I think of corn muffins to serve with chili in the winter. I had these with a salad. (I froze some of the muffins, so we'll see if that works.)

I cooked them three different ways. One way was using cupcake liners in a normal size tin. The other was to spray a mini muffin tin with a non-stick spray. The third was to spray an 8 x 8 pan.

The mini muffins were the best. In two bites the morsels were devoured. And they were perfect complements to the salad.

The wrapper on the bigger muffins was greasy on the outside, but the muffins were fine. It was just too much bread for me. But I liked this size muffin for breakfast.

The pan is the traditional way I have had corn bread. This gives the option to cut into various size pieces.

I thought they had so much flavor that I didn't put anything on them. But butter or honey would be good.



Corn Muffins

1 $\frac{1}{4}$ C flour

$\frac{3}{4}$ C cornmeal

1 T baking powder

$\frac{1}{2}$ tsp baking soda

1 $\frac{1}{2}$ C buttermilk

$\frac{1}{2}$ C vegetable oil

$\frac{1}{4}$ C honey

6 T butter

$\frac{1}{4}$ C sugar

4 large eggs

1 C fresh corn kernels (2 ears)

Preheat oven to 400 degrees. Line muffin tins with paper liners or coat with cooking spray.

Beat butter and sugar in mixing bowl until fluffy. Add eggs one at a time. Gradually add dry ingredients.

Beat in buttermilk, oil and honey. Mix well.

Add corn, and mix on low speed until blended.

Pour mixture into liners and/or pan. Bake for about 15 minutes

or until golden. Insert toothpick in center; if clean, muffins are done.