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Fresh Corn Muffins
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6 tbsp. canola oil
½ cup fresh corn kernels (from 1 ear)
2 jalapenos, seeded and finely chopped
Salt
1 cup yellow cornmeal
1 cup all-purpose flour
¼ cup sugar
1 tablespoon baking powder
1 cup buttermilk
1 large egg, lightly beaten

1. Preheat the oven to 375°F. Line a 12-cup muffin pan with paper liners. Heat 1 teaspoon of the oil in a medium skillet. Add the corn and jalapenos, season with salt and cook over moderately high heat until crisp-tender, 2 to 3 minutes. Scrape onto a plate to cool slightly.

2. In a bowl, whisk the cornmeal with the flour, sugar, baking powder and ¼ teaspoon salt. Add the buttermilk, egg and remaining oil and stir until blended. Quickly stir in the corn mixture and pour the batter into the muffin cups.

3. Bake the muffins for about 16 minutes, or until a toothpick inserted in the center comes out clean. Serve warm or at room temperature.

Makes 12 muffins.