

Cheesy Onion Corn Muffins

adapted from Emeril Lagasse

makes 12 muffins

Softened butter to coat muffin tin

1 cup all purpose flour

1 cup yellow or white cornmeal

4 teaspoons baking powder

1 Tablespoon sugar

1 teaspoon salt

2 eggs, beaten

1 cup buttermilk

1/4 cup vegetable oil

1 cup corn kernals, frozen ok

1/2 cup onion, minced

1/2 cup cheddar cheese, grated

Preheat oven to 400 degrees. Butter muffin tin. Set aside.

In a large bowl, whisk together the dry ingredients (flour, cornmeal, baking powder, sugar, and salt). In a separate bowl, whisk the eggs, buttermilk, and oil. Pour wet mixture into the dry mixture and gently stir until just combined. Fold in the corn, onion, and cheese.

Scoop batter evenly into prepared muffin tin. Bake on center rack of oven for 20-25 minutes until tops begin to brown and a toothpick inserted into the center of the muffins comes out clean. Remove from oven and let tin sit on cooling rack for 5 minutes. Gently loosen muffins by sliding a thin knife around the edges of each muffin. Remove muffins from tin. If serving immediately, place in a bowl covered with a cloth to keep them warm. If serving later, place each muffin on the cooling rack and allow to cool completely. Serve with butter.

