



ANSON MILLS

Corn Muffins

Yield

12 muffins

Time

10 minutes to make, 20 minutes to bake

Baking Notes

Nonstick muffin pans clean up nicely but will toughen the crust on these (or any) muffins. Simple, old-fashioned uncoated steel is the best material for heat conduction and crisping, unless, of course, you happen to have a real, honest-to-goodness working cast-iron muffin pan.

Equipment Mise en Place

For this recipe, you will need a digital kitchen scale; a standard 12-cup muffin pan; a small saucepan; a large mixing bowl; a whisk; a rubber spatula; and, ideally, a 4-cup liquid measuring cup for portioning the batter.

Ingredients

Vegetable oil spray or vegetable oil for the muffin pan
3 ounces (6 tablespoons) European-style unsalted butter
¼ cup vegetable oil
2 cups whole milk
6.25 ounces (1¼ cups) Anson Mills Antebellum Fine Yellow Cornmeal or Antebellum Fine White Cornmeal
7.5 ounces (1½ cups) unbleached all-purpose flour or an equal amount *by weight* of Anson Mills Colonial Style Fine Cloth-Bolted Pastry Flour
1.75 ounces (¼ cup) sugar
1 tablespoon baking powder
½ teaspoon fine sea salt

Directions

1. Adjust an oven rack to the middle position and heat the oven to 425 degrees. Spray a standard 12-cup muffin pan with vegetable oil spray or paint it with vegetable oil and set aside.
2. Heat the butter and oil in a small saucepan over low heat until the butter melts. Pour the milk into the saucepan, stir and remove the pan from the heat. Turn the cornmeal, flour, sugar, baking powder, and salt into a large mixing bowl and whisk to combine.
3. Pour the wet ingredients into the dry and whisk lightly until the dry ingredients are evenly moistened—do not overwork. The batter should be flowing but not runny. Using a rubber spatula, scrape the batter into a 4-cup liquid measuring cup, if you have one, and pour it into the

prepared muffin pan, dividing it evenly among the cups. Otherwise, spoon the batter into the prepared muffin pan. Bake until the muffins test clean with a toothpick and are nicely risen and brown around the edges, 20 to 22 minutes.

4. Remove the pan from the oven and let the muffins cool in the pan for 5 minutes. Lift out the muffins and serve them warm with butter and honey or maple syrup.