

Sweet Cornbread Muffins: Easy 20-Minute Recipe for Southern Comfort

Sweet Cornbread Muffins: The Only Recipe You'll Ever Need



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30 min

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INGREDIENTS

Swaps and Notes:

Cornmeal: While I prefer yellow for the classic color, white cornmeal works perfectly fine. Just ensure it's plain cornmeal, not a "cornbread mix," which already contains leavening and salt.

Fat: You can substitute melted unsalted butter for the vegetable oil for a richer, nuttier flavor, though I find oil makes for a slightly moister muffin.

Milk: Buttermilk can be substituted for a tangier flavor and an even more tender crumb. If you use buttermilk, you may want to increase the baking soda by 1/4 teaspoon to counteract the acidity.

Mix-ins: Feel free to add 1/2 cup of shredded cheddar cheese or a few pickled jalapeño slices to the batter for a savory twist.

Instructions:

Prep the Oven: Preheat your oven to 400° F (200° C). Lightly grease a 6-well standard muffin tin with nonstick cooking spray.

Combine Dry Ingredients: In a medium size bowl, thoroughly whisk together the flour, cornmeal, sugar, baking powder, and salt. Whisking here is your insurance against dense muffins, ensuring the leavening is evenly distributed.

Add Wet Ingredients: Pour in the oil, beaten egg, and milk.

Mix Gently: Stir the wet and dry ingredients together just until the lumps are gone. Do not

overmix. A few small lumps are perfectly fine. Overmixing develops the gluten and results in tough, chewy cornbread.

Fill and Bake: Pour the batter evenly into the prepared muffin wells. Bake for 15 to 20 minutes, or until the tops are golden brown and a toothpick inserted into the center comes out clean.

Cool: Allow the muffins to cool in the pan for 5 minutes before transferring them to a wire rack. Serve warm!

Tips for Success:

The Muffin Method: This recipe uses the classic "muffin method" (wet ingredients mixed into dry ingredients). The key rule is: Mix only until combined. This preserves the light, tender texture.

Hot Oven: Baking at a slightly higher temperature (400° F) is critical. This helps the outside set quickly and the inside rise high, giving you a beautiful domed top.

Use the Right Cornmeal: As mentioned, plain cornmeal is necessary. "Self-rising" or "mixes" already have leavening, which will throw off the chemistry of this recipe.

Serving Suggestions and Pairings:

With Soup/Chili: It's a non-negotiable side for a big pot of chili or any rustic soup.

With Casseroles: Serve it alongside hearty weeknight meals like a Mexican Chicken and Rice Casserole.

As a Side for Meats: They are perfect with braised meats like these Easy Turkey Wings or with pulled pork BBQ.

Appetizer/Snack: Split them open, drizzle with honey, and add a sprinkle of flaky sea salt. You can also make little sandwiches out of them using leftover pulled chicken, like with these Easy Cheesy Chicken Sliders.

Nutritional Information (Per Serving - approximation):

Calories: ~200-220

Protein: ~4g

Fat: ~10-12g

Carbohydrates: ~25-30g

Fiber: ~1g

Sugar: ~10g

Storage and Leftover Tips:

Storage: Store cooled cornbread muffins in an airtight container at room temperature for up to 3 days. They tend to dry out quickly, so make sure the container is tightly sealed.

Freezing: Cornbread muffins freeze beautifully. Wrap each cooled muffin individually in plastic wrap, then place them all in a freezer-safe zip-top bag. They can be frozen for up to 3 months. Thaw

overnight at room temperature or warm them gently in the microwave or oven.

Reviving Dry Muffins: If a muffin feels a little dry, wrap it in a damp paper towel and microwave it for 15-20 seconds. The steam will help re-moisten the crumb.

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DIRECTIONS

1. Follow these simple steps for perfect muffins every time.
2. Prep the : Oven: Preheat your oven to 400° F (200° C). Lightly grease a 6-well standard muffin tin with nonstick cooking spray.
3. Combine : Dry Ingredients: In a medium size bowl, thoroughly whisk together the flour, cornmeal, sugar, baking powder, and salt. Whisking here is your insurance against dense muffins, ensuring the leavening is evenly distributed.
4. Add : Wet Ingredients: Pour in the oil, beaten egg, and milk.
5. Mix : Gently: Stir the wet and dry ingredients together just until the lumps are gone. Do not overmix. A few small lumps are perfectly fine. Overmixing develops the gluten and results in tough, chewy cornbread.
6. Fill and : Bake: Pour the batter evenly into the prepared muffin wells. Bake for 15 to 20 minutes, or until the tops are golden brown and a toothpick inserted into the center comes out clean.
7. Cool: Allow the muffins to cool in the pan for 5 minutes before transferring them to a wire rack. Serve warm!
8. Tips for Success: The Muffin Method: This recipe uses the classic "muffin method" (wet ingredients mixed into dry ingredients). The key rule is: Mix only until combined. This preserves the light, tender texture.
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beautiful domed top.

10. Use the : Right Cornmeal: As mentioned, plain cornmeal is necessary. "Self-rising" or "mixes" already have leavening, which will throw off the chemistry of this recipe.
11. Serving Suggestions and Pairings: Cornbread is the ultimate comfort food companion. The sweet, slightly grainy texture is the perfect counterpoint to savory, saucy dishes.
12. With : Soup/Chili: It's a non-negotiable side for a big pot of chili or any rustic soup.
13. With : Casseroles: Serve it alongside hearty weeknight meals like a Mexican Chicken and Rice Casserole.
14. As a : Side for Meats: They are perfect with braised meats like these Easy Turkey Wings or with pulled pork BBQ.
15. Appetizer/: Snack: Split them open, drizzle with honey, and add a sprinkle of flaky sea salt. You can also make little sandwiches out of them using leftover pulled chicken, like with these Easy Cheesy Chicken Sliders.
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18. Fat: ~10-12g
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20. Fiber: ~1g
21. Sugar: ~10g
22. Note: This is an approximation and can vary based on specific ingredient brands and preparation methods.
23. Storage and Leftover Tips: Storage: Store cooled cornbread muffins in an airtight container at room temperature for up to 3 days. They tend to dry out quickly, so make sure the container is tightly sealed.
24. Freezing: Cornbread muffins freeze beautifully. Wrap each cooled muffin individually in plastic wrap, then place them all in a freezer-safe zip-top bag. They can be frozen for up to 3 months. Thaw overnight at room temperature or warm them gently in the microwave or oven.
25. Reviving : Dry Muffins: If a muffin feels a little dry, wrap it in a damp paper towel and microwave it for 15-20 seconds. The steam will help re-moisten the crumb.

SWAPS & NOTES

All-Purpose Flour 3/2 cup For structure and tenderness.

Plain Yellow Cornmeal 2/1 cup Not a cornmeal mix.

Sugar 4/1 cup Essential for that "sweet" cornbread flavor.

Baking Powder 2 teaspoons The lift that makes them fluffy.

TIPS FOR SUCCESS

The Muffin Method: This recipe uses the classic "muffin method" (wet ingredients mixed into dry ingredients).

The key rule is: Mix only until combined.

This preserves the light, tender texture.

Hot Oven: Baking at a slightly higher temperature (400? F) is critical.

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