

Corn Muffins with Sweet Red Peppers

Cookery Principle: Muffin Method

Ingredients:

$\frac{1}{2}$ c flour
 $\frac{1}{2}$ c cornmeal
2 T sugar
2 tsp baking powder
 $\frac{1}{2}$ tsp black or white pepper
 $\frac{1}{2}$ milk or buttermilk
2 T oil
1 egg
 $\frac{1}{4}$ c finely chopped sweet red pepper

Equipment:

6 paper liners
Measuring spoons
Liquid measure
Dry measures
Metal spatula
Sieve
Wax paper
Mixing bowls
Muffin tin
Wooden spoon
fork

Method:

1. Preheat oven to 425°F.
2. Line muffin tin with 6 paper liners.
3. In large bowl, sift dry ingredients. Stir in red pepper and make a well.
4. In medium or small bowl, beat together liquid ingredients.
5. Pour liquid into dry and stir until just moistened.
6. Spoon batter into muffin cups until $\frac{2}{3}$ full.
7. Bake 15 - 20 minutes until toothpick comes out clean.

Product Standards: rounded, pebbly tops; tender, moist crumb, golden edges