

Easy bake

Picnic in the park, you say?
Pack up your hamper with
these glorious muffins

Cheesy cornbread muffins

A generous amount of cheese, grilled corn, zesty lime and a subtle heat from fresh jalapeños... these muffins are golden. Treat yourself to one straight from the oven, slathered in salty butter, then allow the rest to cool for picnic perfection.

Makes 12

Prepare 20 minutes

+ cooling

Cook 30 minutes

- 75g unsalted butter
- 2 Essential Sweetcorn Cobs (or 160g frozen or drained tinned corn)
- 2 tsp sunflower or vegetable oil, plus extra for greasing
- 100g polenta, plus extra for dusting
- 100g plain flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp fine salt
- 100g mature Cheddar, grated
- 3 fresh jalapeños, deseeded and finely chopped
- 1 unwaxed lime, zest, plus extra zest for serving (optional)
- 25g pack coriander, leaves finely chopped
- 2 eggs
- 284ml pot Essential Buttermilk

1 Melt the butter in a pan over a low heat; set aside to cool a little. Meanwhile, heat the grill to medium-high. Rub the corn cobs with the oil, then grill for 8-10 minutes, turning every few minutes, until tender (ideally not charred); set aside on a board.

2 Preheat the oven to 200°C, gas mark 6. Brush the holes of a 12-hole muffin tin with oil; dust with polenta. In a large bowl, mix the polenta, flour, baking powder, bicarbonate of soda and salt. Slice the kernels off the cobs; add to the bowl (or add the frozen/tinned corn) with 75g Cheddar, ½ the jalapeños, the zest and coriander.

3 In a jug, use a balloon whisk to combine the melted butter, eggs and buttermilk with a little freshly ground black pepper. Add to the dry ingredients; mix lightly until combined. Divide evenly among the holes in the tin, then scatter over the remaining cheese and jalapeños. Bake for 15-20 minutes until golden and a skewer inserted into the centre comes out clean. Allow to cool in the tin for 5-10 minutes, then carefully transfer to a cooling rack. Scatter over extra lime zest to serve, if liked.

✓ **Per muffin** 789kJ/189kcal/11g fat/5.6g saturated fat/16g carbs/2.5g sugars/1.2g fibre/6.4g protein/0.8g salt

