



Cornbread Mini Muffins

Source – Maeve O’Meara ‘Food Safari’

Harvest – eggs

Vocab Words – polenta, creamed corn, full-cream

Skills – cracking eggs, melting butter, greasing muffin tray, spooning mixture

Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Muffin trays
- Pastry brush or patty-pan cases
- Serving Items – plates and tongs

Ingredients:

- 90gm **instant polenta**
- 225gm **self-raising flour**
- 110gm **caster sugar**
- Pinch **salt**
- 150gm **butter**, melted
- 3 **eggs**
- 1 cup **creamed corn**
- 125ml **full-cream milk**

What to do:

1. Preheat the oven to 180°C and butter a mini-muffin tray (or use patty-pan cases).
2. Prepare all ingredients based on instructions in the ‘Ingredients’ list.
3. Mix the polenta, **flour**, sugar, salt, **butter** and **eggs** until well combined.
4. Stir in the creamed corn and **milk**.
5. Spoon the mixture into the muffin tray and bake for 10-15 minutes or until golden brown.
6. Serve.

Notes: flavour additions could include cheddar or feta cheese, chilli, coriander and more.