

# Cornbread Muffin Cups

2 cups coarse cornmeal (available in New Zealand as maize flour or maize meal )

2 cups flour (use gluten-free as required)

1/4 cup caster sugar

1 1/2 tablespoons baking powder

1 teaspoon salt

2 eggs

2 and 3/4 cups milk

1/2 cup sour cream

1/4 cup vegetable oil

1 1/2 cups cheddar (tasty) cheese, grated

Fine diced fresh chilli to taste (optional)



Preheat oven to 200C (400F) degrees, making sure its well warmed up.

Grease a standard size muffin/cupcake tray.



Hot sauce match – Smoky Dragon Chipotle

Mix dry and wet ingredients in 2 separate bowls. Pour the dry over the wet and combine the ingredients gently taking care not to overmix, the batter should be a little lumpy.

Pour into the muffin tray compartments, filling each to  $\frac{3}{4}$  full.

Bake for 10-12 minutes until firm to the touch and lightly browned.

Let muffins cool completely and using a teaspoon or a small knife cut or scoop out the middle of the muffin, making a deep well for your filling.

Add your choice of warmed filling, leftover pulled pork is perfect. Top with a poached egg, garnish with diced chilli if using and serve.

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