

Corn Bread Muffins

Equipment needed –

Chopping board, small knives, 2 large bowls, measuring jug, measuring cup, garlic crusher, medium sauce pan, large bowl, 3 mini muffin pans, wire rack, 3 serving platters.

Ingredients from the Pantry –

- 4 green onions, finely chopped
- • ¼ cup finely chopped parsley
- • ½ small red capsicum finely chopped
- • 1 clove of garlic, crushed
- • 10 sundried tomatoes finely chopped

Ingredients from the Garden –

- 1 tablespoon olive oil
- • 1 cup of polenta
- • ½ cup self-raising flour
- • ½ teaspoon bicarbonate soda
- • 1 egg
- • ½ cup buttermilk
- • 60 gram of butter melted

What to do –

1. Preheat oven to 200 degrees.
2. Lightly grease and line 3 mini muffin pans
3. Finely chop the green onions, red capsicum, sundried tomatoes and fresh parsley.
4. Peel and crush the garlic.
5. Heat 1 tablespoon of olive oil in a medium saucepan and cook the onion, capsicum, garlic, sundried tomatoes and parsley, stirring until the capsicum is soft. Transfer to a large bowl
6. Measure out 1 cup of polenta and ½ cup of self-raising flour.
7. Measure out ½ teaspoon of bicarbonate soda.
8. Stir the polenta, flour and soda into the capsicum mixture.
9. Measure out 60 grams of butter and melt. Add the melted butter to the mixture and stir until combined then add 1 egg to the mixture.
10. Measure out ½ cup of buttermilk and add to the mixture and stir until well combined.
11. Bake in the preheated oven for 15 minutes or until a toothpick inserted into the centre of a muffin comes out clean.
12. Turn muffins onto a wire rack to cool and arrange on 3 platters to serve

Serves –

- 28 children

