

Southern-Style Sourdough Corn Muffins

Ingredients:

- 180 g buttermilk (*¾ cup*)
- 115 g active starter (*½ cup*)
- 2 eggs (*50 g each*)
- ½ stick (*57 g*) butter (*¼ cup*) - melted and cooled
- 280 g cornmeal (*1 ½ cups*)
- 10 g salt (*1 ½ tsp*)
- 1 cup cheddar cheese, shredded (*100 g or 3.5 ounces*)
- ½ small onion, chopped (*about 100 g or ½ cup*)

Directions:

- 1) Grease or line a 12-cup muffin pan.
- 2) **Mix:** In a medium mixing bowl, whisk the buttermilk, active starter, eggs, and melted butter.
- 3) Add the cornmeal and salt to the bowl and mix well.
- 4) Stir in the cheddar cheese and chopped onion.
- 5) **Divide** evenly among the prepared muffin cups. The batter should fill the cups just to the top.
- 6) **Rest** at room temperature 3-8 hours, depending on the warmth in the room. The muffins will not look much different when they are ready for the oven, due to a lack of rise from the gluten-free cornmeal. They may form a dome on top; if this happens, it is time to bake right away. The timing for this recipe is the exact same as the timing for Batter Bread, which (for me) is approximately six hours at a room temperature of 70 F.
- 7) **Bake** at 425 F for 15 minutes, or until a toothpick comes out clean.
- 8) Enjoy!
- 9) **How to store:** Store muffins in the refrigerator 5-7 days, or in the freezer.

To reheat: Microwave in 30 second intervals (wrapped in a damp paper towel) until warmed through. Alternatively, reheat in a 350 F oven (wrapped in aluminum foil) for 5-10 minutes (or up to 15 minutes from frozen), until warmed through.