

Blueberry Corn Muffins

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Total Time 55 minutes
Prep Time 15 minutes
Cook Time 40 minutes
Rating ★★★★★ (864)

There are corn muffins, and then there are blueberry corn muffins. The simple addition of fruit transforms the bread basket staple into a glorious, slightly tart treat equally suitable for dinner or breakfast (or anything in between). Don't skip the ten-minute rest in step 2 — it allows the batter to hydrate and creates an A+ dome — but make sure to stir in the blueberries after that, so the juices don't seep and create a grayish tint. Serve these muffins as a grab-and-go breakfast, alongside a [bowl of chili](#) or slathered in [honey butter](#) to accompany a [barbecue](#) spread.

INGREDIENTS

Yield: 12 muffins

½ cup/113 grams butter, melted and slightly cooled (8 tablespoons), plus more for greasing

1 cup/about 155 grams (weight will vary by brand) yellow cornmeal (medium- or fine-grain)

1 cup/120 grams all-purpose flour
Zest from 1 lemon (optional)

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon kosher salt, such as Diamond Crystal (or ¼ teaspoon fine salt)

1 cup/240 milliliters whole milk

1 large egg

½ packed cup/110 grams brown sugar (light or dark)

PREPARATION

Step 1

Heat oven to 400 degrees. Generously grease a standard-size muffin tin with butter or coat with cooking spray.

Step 2

In a medium bowl, whisk together cornmeal, flour, lemon zest (if using), baking powder, baking soda and salt. In a large bowl, whisk together butter, milk, egg and sugar until smooth. Gradually add the dry ingredients to the wet ingredients, whisking until just combined. Let the batter rest at room temperature for 10 minutes. Stir in the blueberries (do not thaw if using frozen berries; add them directly from the freezer).

Step 3

Scoop the batter evenly into the muffin tin. Bake until the muffins are golden and a toothpick inserted into the center comes out clean, 18 to 20 minutes. Cool in the pan for 5 minutes, then remove to a wire rack to cool further. Serve warm or at room temperature. Store refrigerated in a paper towel-lined, airtight container for up

2 cups/280 grams blueberries
(fresh or frozen)

to 3 days. Or, freeze for up to 3 months and thaw at room temperature.

Private Notes

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