



DESCRIPTION

U Cook Across the U.S.! Join host Carrie Shankweiler and her ATV friends as they show you how to make scrumptious Corn Muffins! An ATV fan from Arkansas says it's a hometown favorite, so let's give it a try!

MATERIALS

- 6 tbsp. vegetable oil
- 1 cup corn kernels, either fresh or frozen
- 1/2 cup cornmeal
- 1 cup flour
- 3 tbsp. sugar
- 1 tbsp. baking powder
- 1 cup buttermilk
- 1 egg, lightly beaten
- 1 pinch of salt

TOOLS

- Muffin tin
- Muffin tin liners
- Sauté pan
- Wooden spoon
- Fork or whisk
- Spatula
- Scoop or ladle
- Plates
- Mixing bowls

DIRECTIONS

1. Line your muffin tin with muffin tin liners. These liners will keep the muffins from sticking to the pan. You can also use butter and flour to prep the pan if you don't have liners.
2. Preheat your oven to 375 degrees.
3. On the stove, heat oil in a medium sauté pan for about 30 seconds.
4. Add your corn to the heated pan and sauté it for 1-2 minutes, moving it around with a wooden spoon. This is a good step for your adult helper.
5. Turn the stove off and move it to a plate to cool using your spoon.
6. While your corn cools, gather the rest of your ingredients together. In one bowl, combine all of your dry ingredients (cornmeal, flour, sugar, baking powder, and salt). Whisk them together.
7. Gently crack and open an egg into another bowl. Pour it into the bowl with your dry ingredients along with your buttermilk and oil. Whisk everything together. Be careful not to over whisk. You want to still have some lumps in the mixture when you're done.

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COOKING

CORN MUFFINS

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8. Use a spatula to fold in any of the ingredients that don't look fully incorporated into the bowl. Scoop the spatula down and bring it up in a Ferris wheel motion.
9. Add your cooled corn to the batter and fold it in with the spatula.
10. Scoop the batter out of the bowl and fill the lined muffin tin cups with it.
11. Place your filled muffin tin in the pre-heated oven and bake the muffins for 16 minutes, or until they're golden brown on top.
12. Remove your muffins from the oven. Let them cool and serve them up!

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