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Blueberry Buttermilk Corn Muffins

Recipe courtesy of Giada De Laurentiis



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Total Time:

1 hr 5 min

Prep:

30 min

Inactive:

10 min

Cook:

25 min

Yield:

12 muffins

Level:

Easy

Ingredients

- 1 1/3 cups buttermilk
- 2 large [eggs](#)
- 1 teaspoon [vanilla extract](#)
- 1 1/3 cups [all-purpose flour](#), plus 1 tablespoon
- 1 1/3 cups yellow cornmeal (about 7 ounces)
- 3/4 cup [sugar](#)
- 1 tablespoon baking powder
- 3/4 teaspoon fine salt
- 1 1/2 sticks chilled [unsalted butter](#), cut into 1/2-inch cubes

- 1 1/2 cups frozen blueberries (7 to 8 ounces; do not thaw)

Directions

- Position an oven rack in the center of the oven and preheat to 400 degrees F. Line a standard 12-cup [muffin pan](#) with paper liners.
- In a large bowl, [whisk](#) the [buttermilk](#), eggs and vanilla to [blend](#). Combine 1 1/3 cups of the flour, the [cornmeal](#), sugar, baking powder and salt in a processor, about 30 seconds. Drop in the cold butter cubes. Using on/off turns, blend until the butter is cut in finely and the mixture resembles a coarse meal, stopping occasionally to check the size of the butter pieces, (they should be the size of [rice](#) kernels). Pour the dry ingredients over the buttermilk mixture. Using a thin, flexible [spatula](#) and a few quick strokes, fold the [batter](#) together, turning the bowl as you fold.
- In a medium bowl, combine the remaining 1 tablespoon flour and the frozen [blueberries](#). Toss to coat the berries. Scatter the berries over the batter and fold in.
- Using a rounded 1/3 cup of batter for each muffin, fill the paper liners, mounding the batter in the center. Use a knife tip or spoon to reposition at least 1 berry so it is showing on top.
- Bake the muffins until puffed and browning at edges, and a tester inserted into the center comes out clean, 20 to 25 minutes. Let the [muffins](#) stand 5 to 10 minutes. Twist each muffin in place to loosen the edges from the pan. Lift the muffins out onto a rack and cool.

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