



# THE ingles TABLE

with Abby J  
**Jalapeño Corn Muffins**

## Shopping List

- 1 cup buttermilk cornmeal
- 1 cup of milk
- 1 large egg
- 3/4 cup sharp cheddar cheese
- 1/2 cup jalapenos
- 1/2 cup diced onions
- 1/2 cup craklings (optional)
- 2 tablespoons light shortening
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

## Cooking Instructions

- 1)** Preheat oven to 375° and lightly grease an 8 x 8 muffin pan
- 2)** Whisk together the cornmeal, baking soda and salt in a large mixing bowl
- 3)** In a separate bowl, beat together the egg and milk
- 4)** Make a well in the center of the dry ingredients and start adding the milk and egg
- 5)** Pour mix in muffin pan, 3/4 full
- 6)** Bake for 20 minutes or until golden brown
- 7)** Serve hot.

