



4th Grade 4-H Bread Baking Contest



Cornmeal Muffins

Rules

- ★ 4-H Members should bake cornmeal muffins from basic ingredients (NOT A MIX).
- ★ Bake your muffins at home and bring them to your February 4-H Club Meeting.
- ★ Please bring your entry of 3 muffins on a disposable plate or container with plastic wrap. Do not use any cupcake liners.
- ★ Put your name on the bottom of the plate or container.
- ★ Use a traditional type of cornmeal muffin recipe of your choice.

Winning Cornmeal Muffin

Characteristics:

1. Color - evenly golden brown on top, sides and bottom.
2. Shape - slightly rounded, free from peaks.
3. Crust - slightly cracked, a little rough.

Inside Characteristics:

1. Color - pale yellow, free from clumps.
2. Grain - round, even cells free from holes or tunnels.
3. Flavor - pleasing, no off-flavor

Corn Meal Muffin Recipe (example)

- 2 cups self-rising cornmeal
- 1 egg
- 1 1/4 cups buttermilk
- 1 teaspoon sugar
- 1/4 cup bacon drippings or shortening



Heat oven to 450 degrees. Grease and pre-heat muffin pan. Beat egg with fork, add sugar, milk and shortening. Blend thoroughly. Add to cornmeal. Pour batter into hot greased pans. Bake for 15-20 minutes.

The best entry in each class will be invited to the county contest! All entries will receive a ribbon.

Next 4-H Club Meeting:

- Temple Hill - February 7 (Chirica)
- Unicoi - February 13 (Pleasant, Webb, Williams)
- Rock Creek - February 21 (Price)
- Rock Creek - February 22 (Morgan)
- Love Chapel - Feb. 23 (Foltz, Hubbard, McLaughlin)

