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White Corn Lavender Muffins

This recipe has been adapted from Mrs. Graham's Perfect Corn bread which was sent to me courtesy of Kathy Adams at the Circle Dog Chicken Ranch in Larwill, Indiana. To make these girly muffins to go with a Lavender Chicken Chili with White Beans, I used white cornmeal, culinary lavender buds and lavender sugar.

1 cup New Rinkle Organic Pastry Flour
¼ cup granulated lavender sugar (see recipe below)
4 teaspoons baking powder
¾ teaspoon salt
½ teaspoon culinary Provence lavender, finely ground
1 cup Bonneyville Mills white cornmeal
2 eggs, lightly beaten
1 cup whole Traders Point milk
¼ cup butter, melted and cooled

Preheat oven to 400 degrees F.

Sift flour with sugar, baking powder and salt.

Stir in the lavender.

Add eggs, milk, and butter to dry ingredients.

Beat just till well combined, about a minute.

Stir in the corn meal to combine.

Batter will be lumpy if stirred by hand. (Do not over beat.)

Generously butter a 12 cup muffin tin and distribute the batter evenly among the cups.

Bake for 20 minutes. (You can also use a 24 cup mini-muffin tin. Bake these for 10 minutes.)

Serve warm or at room temperature.

Makes 12 muffins or 24 mini-muffins.

Victoria Wessler

Lavender Sugar: Place one cup of granulated white sugar in a two cup glass jar. Place 2 tablespoons of culinary Provence lavender in a small cloth herb bag (can be purchased at most kitchen goods stores on online) and add the bag to the sugar in the jar. Fill the jar to the top with more sugar and place the lid on tightly. Let sit for two weeks while the sugar absorbs the scent of the lavender.