



## Lilikoi Glazed Corn Muffins

30-Nov-2023

Level: Easy

Makes: 1 dozen

Cooking Time: 22 to 25 minutes

Prep + Cool Time: 15 minutes + 30 minutes



### *Corn Muffin ingredients:*

1 cup (2 sticks) unsalted butter, melted and cooled,  
plus more for greasing pan  
2 cups yellow corn meal (not coarse or stone-ground)  
1½ cups all-purpose flour  
2/3 cup white granulated sugar  
1½ Tbsp. baking powder  
1 tsp. fine sea salt  
¼ tsp. baking soda  
1 cup sour cream  
½ cup whole milk  
2 large eggs, at room temperature

### *Lilikoi Glaze ingredients:*

1 Tbsp. unsalted butter  
2 Tbsp. fresh lilikoi (passion fruit)  
juice; strained of seeds and  
pulp  
1 cup confectioners powdered sugar;  
sifted

*Recommend using:* Large parchment (non-stick) baking cups

Preheat oven to 425°F. With unsalted butter, generously grease the top only of a 12-count muffin pan (see photo on right). (The muffin batter will overflow, and greasing the tops of the pan will create crisp edges under the muffin tops. It also prevents the muffin tops from sticking to the pan.) Place parchment baking cups in each cup. Set aside.



*To make muffin batter:* In a large mixing bowl, whisk together the corn meal, flour, white granulated sugar, baking powder, salt, and baking soda. Set aside.

In a medium mixing bowl, whisk together the cooled melted butter, sour cream, milk, and eggs. Fold wet ingredients into the dry ingredients until just combined. Do not overmix. With an ice cream scoop with trigger, evenly scoop muffin batter into the prepared muffin pan



(each cup will be very full)(see photo on right). Place muffin pan

in the oven, lower oven temperature to 375°F. Bake for 16 to 18 minutes, until edges are golden and a toothpick inserted in the center of the muffins come out clean (see photo on left).

Cool on a wire rack in the pan for 10 minutes. The muffin tops have merged while baking, therefore, with a sharp knife, cut the muffin tops where they

## Lilikoi Glazed Corn Muffins - continued

meet to separate each muffin (see photo on right). Remove muffins from pan and cool completely on wire rack.

*To make lilikoi glaze:* Melt butter over a double boiler. Add lilikoi juice and sifted sugar. Whisk continuously until sugar has melted and glaze is smooth. Remove from heat. Let glaze cool slightly for about 3 minutes, whisking occasionally. Carefully dip the top of the muffins in the icing. Place muffins back on wire rack. Glaze will harden in 30 minutes. Best eaten on day baked.



### Notes:

- I used Albers® Enriched & Degermed Yellow Corn Meal.
- I used Paper Chef™ Large Parchment (Non-Stick) Baking Cups from Amazon.

