

## Blueberry Corn Muffins

I'm a fan of gritty, corny corn muffins with big bits of cornmeal. If they're light and airy and pouffy and moist, thanks, but keep them for yourself. They should be dry enough so they don't dissolve into nothingness when they hit the roof of your mouth, and they should be sturdy, so you can toast them and slick them with butter. These are.

Yields 12 muffins

1 cup whole wheat pastry flour  
1 cup all-purpose flour  
1 cup medium-grind yellow cornmeal  
1-1/2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon kosher salt  
2 large eggs  
2/3 cup dark brown sugar  
1 stick (8 tablespoons) butter, melted  
3/4 cup sour cream  
1/2 cup 2% milk  
1 cup frozen wild blueberries (keep frozen until just before adding to batter)  
1 teaspoon demerara sugar

Preheat the oven to 400 degrees and generously coat a 12-cup muffin tin with nonstick spray. (Coat the cups and the spaces between them.)

Whisk the first 6 ingredients (flour through salt) in a large bowl to combine.

In a medium bowl, whisk the eggs together for about 30 seconds until very well combined. Whisk in the brown sugar, then slowly stream in the melted butter down the side of the bowl, whisking all the while. (You may want to don an apron.)

Combine the sour cream and milk in a 2-cup glass measure and whisk to combine. Whisk this into the egg mixture, then dump the wet ingredients over the dry and fold to combine. Just as the last bit of flour is moistened (use a rubber spatula to turn the batter over from the bottom so you're sure everything is incorporated), fold in the blueberries and give a final stir or two.

Use an ice cream scoop to divide the batter among the muffin cups. They will be filled to the very top. Sprinkle with the demerara sugar (just a wee bit on each muffin).

Bake for about 20 minutes, rotating the tin halfway through baking and removing only when the muffins are nicely brown. Cool for a minute or two, then remove with a spoon and allow to finish cooling on a wire rack. (N.B. These muffins are best when they're completely cool and you can split and toast them. I wrap each one individually in plastic and store them in the freezer in a bag. They defrost in minutes on the counter. They also defrost beautifully in lunchboxes.)