

# Mesa Grill Blue and Yellow Corn Muffins

I had the good fortune of eating at Mesa Grill near Union Square in New York when it first opened. It was a block away from our McCall's Magazine headquarters on 5th Avenue. When I visited New York for business, the McCall's Publisher would take us all there for dinner. It was dining at fine restaurants like the Mesa Grill that inspired me to go to culinary school. Years later, Bobby Flay is famous and I'm teaching cooking classes. Isn't that great! We made these muffins at our Southwestern Fiesta Cooking Class and they were beautiful and yummy. I put in only one of the jalapenos for our crowd, but add more if you like it spicy... and have an extra muffin tin ready, because we got 36 muffins out of a double batch.

		nonstick cooking spray or vegetable oil	½ cup	fresh corn kernels or frozen corn, thawed
6	Tbs	unsalted butter	2	Tablespoons
½	cup	finely diced red onion	1	cup
4	cloves	Garlic, finely minced	1	cup
1	⅓ cups	whole milk	1 ⅓	cups
4	large	eggs	1	Tablespoon
2	Tablespoon	honey	½	teaspoon
½	cup	finely diced red bell pepper	2	teaspoons
2		jalapeno chiles, stemmed, seeded, finely diced (or to taste)		table salt



- 1 Preheat oven to 400° Grease a 12-muffin pan with nonstick cooking spray or brush with vegetable oil.
- 2 In a small saucepan, melt the butter over medium heat. Add the onion and cook until soft, 3 or 4 minutes. Add the garlic and cook for 30 seconds. Remove from the heat and let cool slightly.
- 3 In another large bowl, whisk together the milk, eggs and honey. Set aside.
- 4 Put the blue cornmeal and yellow cornmeal in two separate bowls. To each bowl, add ⅓ cup flour, 1 ½ teaspoon baking powder, ¼ teaspoon baking soda and 1 teaspoon salt. Add ½ of the red pepper, jalapeno, corn and cilantro on the top of each bowl. Spoon half the butter and onion mixture into each bowl, scraping the sides of the pan to get all the butter. Then add ½ the milk-egg-honey mixture into each of the two bowls. Mix each bowl until all ingredients are combined. Do not overmix.
- 5 It helps to have two people and two spoons for the next step. Spoon the yellow and blue batters into each muffin cup at the very same time - side by side. Bake in the oven at 400° for about 16 minutes, or until a toothpick inserted into the center of a muffin comes out with a few moist crumbs on it. Don't overbake. Let the muffins cool in the pan for 5 minutes and then remove to a cooling rack.

Servings: 12

## Nutrition Facts

Nutrition (per serving): 262 calories, 77 calories from fat, 8.8g total fat, 35.6mg cholesterol, 528.2mg sodium, 206.6mg potassium, 40.5g carbohydrates, 3.3g fiber, 5.3g sugar, 6.2g protein.

## Source

Author: Bobby Flay  
Source: Bobby Flay's Mesa Grill Cookbook, 2007

