



Ham & Cheese Drop Muffins

Makes: 8-10 muffins

Prep Time: 20 minutes Cook Time: 1 hour 20 minutes

Total Time: 1 hour & 40 minutes

Ingredients

Caramelized Onions:

- 1 tbsp vegetable oil
- 2 medium yellow onions, peeled, cut in half and sliced as thin as possible (about 5 cups)
- 1 tsp Kosher salt
- 1/2 tsp freshly ground black pepper

Muffins:

- 1/3 pound honey ham, cut into 1/4" dice
- 2 & 3/4 cups all-purpose flour (385 grams)
- 1 & 1/2 tsp baking powder
- 1 & 1/2 tsp Kosher salt
- 1/2 tsp baking soda
- 1/2 cup unsalted butter, cold
- 1 & 1/2 cups shredded sharp cheddar cheese
- 1/2 cup low- or fat-free buttermilk
- 1/4 cup heavy cream
- 1 large egg
- 1 large egg yolk, for egg wash
- 1/4 tsp coarsely ground black pepper

Instructions

Caramelized Onions:

In a medium skillet, heat the oil over medium heat. Add the onions and cook, stirring occasionally, until softened, 5-10 minutes. Reduce the heat to low and continue cooking, stirring occasionally, until the onions are completely soft, caramelized, and dark brown, another 30-40 minutes. Remove from the heat. Season with salt and pepper. Can be made ahead and stored in an airtight container in the refrigerator for up to 2 weeks.

Muffins:

Turn the oven up to 350°F and place a rack in the center of the oven. Spray a muffin tin with cooking spray.

In the bowl of a stand mixer fitted with a paddle attachment, mix the flour, ham, baking powder, salt and baking soda on low speed until combined, 10-15 seconds. Cut the butter into 8-10 pieces and add it to the flour mixture; mix for 20-30 seconds on medium-low, until the butter is somewhat broken down and the mixture resembles coarse crumbs. Add the cheddar cheese and pulse the mixer a few times to start to incorporate the cheese.

Whisk together the buttermilk, cream, and egg until thoroughly mixed. Stir in the onions. With the mixer on low, pour in the buttermilk mixture and beat for another 10-15 seconds, until the dough just comes together. There will probably still be a little loose flour at the bottom of the bowl.

Remove the bowl from the mixer. Gather and lift the dough with your hands and turn it over in the bowl so that it picks up any loose flour at the bottom; repeat until all loose flour is mixed in.

Divide the dough between the muffin cups. You should get 8-10 muffins.

Whisk the egg yolk for the egg wash in a small bowl with a fork. Use a pastry brush to lightly brush the egg wash over the biscuits. Sprinkle evenly with the pepper. Bake for 35-40 minutes, rotating the baking sheet midway through the baking time, until the muffins are entirely golden brown. Remove them from the oven and let them cool on the baking sheet on a wire rack.

These are best served the day they are baked, but you can store them, tightly wrapped in plastic, in the refrigerator for 1 day and refresh them in a 300°F oven for 10-12 minutes before serving. You can also fresh them and defrost in the microwave for 30 seconds.