

Cornbread

For the casual cook





Ingredients:

- 2 cups flour
- 1 cup yellow cornmeal
- $\frac{3}{4}$ cup white sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 large eggs
- 1 $\frac{1}{2}$ cups milk
- 2 tablespoons vegetable oil
- $\frac{1}{4}$ cup melted butter





Before start:

You need a 9 inch cast iron skillet.

2 mixing bowls – one larger than the other.

We are going to combine the “dry ingredients” in one bowl, the “wet ingredients” in another bowl, and then pour the wet ingredients over the dry ingredients.

What matters is the general proportions – the more precise your measuring the more consistent your results – but there is room for variance/personal preference





Instructions:

Step 1: Lightly oil your cast iron skillet. Place it in oven at 350°F

Step 2: Whisk cornmeal, sugar, flour, salt, baking powder in the larger bowl (the dry ingredients)

Step 3: In second bowl whisk eggs, oil, and milk (the wet ingredients)

Step 4: pour wet ingredients over the dry ingredients – add the melted butter – stir together just until mixed (i.e. all of the dry ingredients are wet – but don't “over stir”)

Step 5: Take the cast iron skillet out of the oven (careful, it is hot) and pour the batter into the skillet.

Step 6: return skillet to oven – bake for 45 – 60 minutes. Ready when inserted toothpick comes out clean.





All done:

The original recipe called for adding 2 cups of corn kernels to the batter – but I’ve never tried that simply because I don’t keep corn kernels around.

The “oven temperatures” vary warning applies – it is easy to go from “golden brown” to “inedible brick” if you aren’t careful.

Hot cornbread right out of the oven is “comfort food” for me – so dealing with “left overs” usually isn’t an issue.

When it gets a little “stale” it is great with gravy...

After it cools store in an air tight container and it will keep a few days. I’ve never tried freezing it – but wrapping in plastic wrap and microwaving before serving should work- have fun.



Iterudio.com

Buy me a coffee:
<https://www.buymeacoffee.com/lcameron>

