

Southern Cornbread - Guiding Stars

Prep Time	Cook Time	Servings
20 minutes	40 minutes	6-8

Traditional southern cornbread is often, like this recipe, unsweetened. The key to perfect cornbread is using just enough butter in a hot skillet to crisp the edges. Eat this fresh and warm, or use it as the base for cornbread dressing.



Ingredients

- 3 c. stone-ground cornmeal
- 1 t. salt
- 6 t. baking powder
- 3/4 t. baking soda
- 2 1/2 c. skim milk
- 2 T. lemon juice
- 3 eggs
- 1/2 c. olive oil
- 1/4 c. unsalted butter, melted

Directions

1. Place a 12-inch cast iron skillet on the center rack of the oven and preheat to 375°F.
2. Combine milk and lemon juice and let sit for 5 minutes.
3. In a large bowl, whisk together cornmeal, salt, baking powder, and baking soda.
4. Whisk eggs into soured milk. Drizzle in oil and all but 1 tablespoon of the melted butter.
5. Whisk wet ingredients into dry ingredients until well mixed but slightly lumpy.
6. Pour remaining butter into hot skillet and swirl to coat bottom and sides. Pour batter into prepared skillet. Bake until cornbread is lightly browned on top and a toothpick inserted into the middle comes out clean (about 45 minutes).

Nutrition Facts

Serving Size: Calories: 0 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbohydrates: 0g Fiber: 0g Sugars: 0g Protein: 0g Vitamin A: % Vitamin C: % Calcium: % Iron: %

Recipe by Guiding Stars at <http://guidingstars.com/recipes/southern-cornbread/>
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