Southern corn bread

Prep time: 10 min.   Cook time: 25 min.   Total time: 35 min.

Ingredients:

1 cup yellow cornmeal, preferably stone ground

1 cup all-purpose flour

¼ tsp. salt

¼ TSP BAKING SODA

1 ¼ CUP Buttermilk

1 large egg

2 TBSP sugar

¼ cup corn oil (or veg. oil)

2 TBSP unsalted butter

Instructions:

1. Place 10 inch cast iron skillet in oven and preheat to 375 degrees. If you do not have a cast iron skillet, use a 9 inch square pan. Corn bread is good no matter what you cook it in.
2. Combine and mix dry ingredients, EXCEPT THE BAKING SODA AND SUGAR; set aside
3. In small bowl, beat egg with sugar until combined. Add the oil and mix until combined.
4. In another small bowl, combine the buttermilk and baking soda.
5. Add the egg mix to the buttermilk mix, mix well.
6. Pour liquid mix into dry mix, stirring until just moist.
7. Pull pan from oven, put the 2 TBSP butter in the bottom, swirl to cover pan bottom with melted butter.
8. Pour batter into hot pan, smooth the top, and put back in oven for 25 minutes.

Another recipe (from Oprah):

2 cups yellow cornmeal

¾ flour

2 TBSP sugar

2 ½ tsp baking powder

½ tsp baking soda

1 tsp salt

2 cups buttermilk

2 large eggs beaten

¼ cup veg oil

Place rack in the middle of the oven. Oil 9 inch square and place on rack. Preheat oven to 450.

Mix dry ingrediemts. Make a well in the center. Mix buttermilk, eggs, and oil in another bowl – pour in well in dry ingredients, mix until just moistened.

Take hot pan from oven, pour in batter. Bake about 15-20 minutes until bread springs back when pressed in the center. Let stand 5 minutes, turn onto plate.

Variations: add 1 cup of fresh corn, chile peppers, etc.

Southern cornbread also:

¼ cup oil

1 ½ cups yellow cornmeal

3 TBS all-purpose flour

1 tsp baking soda

1 tsp baking powder (I have also seen this recipe with the baking powder omitted)

1 tsp salt

2 cups buttermilk

1 large egg, lightly beaten

Preheat oven to 450. Add oil to 9" square and place in oven to heat the pan. In bowl, mix together the dry ingredietns. Remove pan from oven, swirl oil to coat bottm completely. Pour excess oil into dry mix. Stir in half of the buttermilk and add the egg. Add more buttermilk as needed to make a thick but pourable batter (you may not need all two cups). Fold the ingredients, don't beat. Pour the mixture into the hot pan. Carefully place in oven and bake for 20-25 minutes. Rest 5 minutes, turn out on plate.

Southern Light cornbread:

1 ½ cups yellow cornmeal

½ cup self-rising flour

3 tsp baking powder (1 TBS)

1 tsp salt

2 teaspoon sugar, optional (but I recommend it)

Up to 2 cups buttermilk

1 egg beaten

¼ cup canola oil

2 tbs of melted butter, optional

Preheat oven to 450. In a bowl, combine all ingredients except oil and butter. Don't beat. Set aside. Add oil to 9 inch square and place pan in oven to heat. Remove from oven when hot and swirl oil to coat bottom of pan. Pour excess oil into ingredient mix. For extra richness add melted butter. Gently bend mixture and pour into the hot pan. Bake at 450 for about 20-25 minutes.

Yet another Southern cornbread recipe:

5 TBS unsalted melted butter, plus more for the pan

¾ cup all-purpose flour

¾ cup yellow cornmeal

1 ½ tsp baking powder

½ tsp baking soda

½ tsp kosher salt

1 cup buttermilk (shake before measuring)

2 large eggs

Preheat oven to 425 and position rack in the center. Butter a 9 inch square pan. In bowl, mix together dry ingredients. In another bowl, mix eggs and buttermilk, add melted butter. Add the dry mix and stir until just moistened. Pour batter into hot pan. Bake until cornbread begins to brown and toothpick inserted into center comes out clean, about 18-23 minutes. Cool about 10 minutes before serving.

NOTE: Southern corn bread (what I grew up on) is NOT sweet, but a slight amount of sugar in the recipe is okay. My family also only used yellow cornmeal (from the heart of Dixie: Alabama). All recipes can be varied by adding 1 cup creamed or fresh corn, or 2 TBS chopped chile peppers, or roasted tomatoes, garlic, cheddar cheese, ½ tsp chili powder, etc.