

Cornbread

Adapted from ©From the Kitchen of Deep South Dish

Ingredients:

¼ cup of Olive Oil
1½ cups of all purpose white or yellow Cornmeal
3 tbsp of all purpose Flour
1 tsp of Baking Soda
1 tsp of Baking Powder
1 tsp of Kosher salt
2 cups of Buttermilk, more or less
1 large egg, lightly beaten
If cornmeal is typical commercial large-scale brand, add 2 tbsp of sugar to the cornmeal.

Preparation:

Preheat oven to 450°F.

Add the olive oil to a well seasoned 10" cast iron skillet and place the skillet into the oven to heat the skillet. (Skillet and oil may be heated on stove top.)

In a bowl, whisk together the cornmeal, flour, baking soda, baking powder and salt.

Using mitts, carefully remove the skillet from the oven and swirl the hot fat around to coat the entire skillet. (Or use a spoon.)

Pour the half fat from the skillet into the cornmeal mixture; stir.

Stir in half of the buttermilk and add the egg; add more buttermilk as needed to make a thick but pourable batter.

Depending on the grind of your cornmeal and the type of buttermilk you use, you may not need it all.

Fold ingredients and don't beat the batter.

Pour the cornmeal mixture into the hot skillet.

Carefully place directly into the oven and bake at 450°F for about 20 to 25 minutes.

Remove the skillet from the oven, let rest for 5 minutes, then very carefully turn the cornbread out onto a dish to preserve that nice crispy crust!