



Recipe for cornbread

INGREDIENTS:

Sift the following dry ingredients together:

1 cup yellow cornmeal, plain

1 cup whole wheat or

plain unbleached flour

¼ teaspoon salt,

¼ teaspoon baking soda.



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In a separate bowl, combine the following:

2 tablespoons oil,

2 eggs

1 cup buttermilk

2 tablespoons honey or maple syrup

a splash of orange juice (to activate the soda)

(continued)

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DIRECTIONS:

Beat the liquids together with a fork or whisk. Slowly pour into the bowl with the dry ingredients, stirring as you go.

When the mixtures are combined, pour this into a well-oiled 10 1/2 inch cast-iron skillet or 9-inch square cake pan.

Bake at 350 degrees F for about 45 minutes, or until the bread top turns brown. Test the readiness of your bread by inserting a toothpick in the center. If it comes out clean, your cornbread is ready.

Cut into wedges and serve warm with butter.



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