

Cornbread & Hot Water Cornbread.txt

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CORN BREAD

Ingredients:

1 cup corn meal (from a box, or home ground)
1 cup all purpose wheat flour (commercial, or home ground and sifted)
1/4 cup granulated sugar
1 tablespoon baking powder
1 teaspoon salt
1 cup milk
1/3 cup vegetable oil
1 egg, lightly beaten
COMBINE: cornmeal, flour, sugar, baking powder and salt in medium bowl. Combine milk, oil and egg in small bowl; mix well.

ADD milk mixture to flour mixture; stir just until blended. Pour into greased 8" square pan or cast iron skillet; or for Muffins, spoon batter into greased muffin cups or corn bread mold.

If you have a sweet tooth, add 1/4 honey, reducing milk to 3/4 cup; or 3 tablespoons sugar.

BAKE in a preheated 400 F oven for 20 to 25 minutes or until wooden pick inserted in the center comes out clean. Serve warm.

HOT WATER CORNBREAD

Just put some corn meal in a bowl, add a pinch of salt, and slowly add hot water as you mix meal with your hand until the consistency forms little thin biscuit shapes. Throw them suckers in a hot iron skillet, sizzling with oil, lard or butter, and you've got some good eats, 'specially if you slather some Steen's syrup on top!