

Buttermilk Cornbread

Makes a thick 8" skillet or a thin 10" skillet of cornbread:

1 1/2 Tbsp corn or vegetable oil

1 cup white cornmeal

1/3 cup flour (I use self-rising but all purpose is fine)

1 Tbsp baking powder

1/4 tsp baking soda (omit if using regular milk instead of buttermilk)

1 tsp salt

1/4 cup melted butter, cooled to room temperature (optional)

1 large egg

1 cup whole buttermilk plus extra if needed

Makes a thicker 10" skillet of cornbread:

2 Tbsp corn or vegetable oil

1 1/2 cups white cornmeal

1/2 cup flour (I use self-rising but all purpose is fine)

1 1/2 Tbsp baking powder

1/2 tsp baking soda (omit if using regular milk instead of buttermilk)

1 1/2 tsp salt

1/3 cup melted butter, cooled to room temperature (optional)

1 large egg or 2 medium eggs

1 1/2 cup whole buttermilk plus extra if needed

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Optional ingredients: Add to batter when mixing in egg and buttermilk.

1/2 lb ground sausage, cooked and drained

1/2 cup chopped onion, cooked in 2 Tbsp butter until tender

8 slices bacon, cooked and crumbled (use drippings in place of oil)

1 cup shredded cheese

1 small can whole kernel corn or Green Giant Mexican

Preheat oven to 450 degrees. Place oil in cast iron skillet; place skillet in the oven as it preheats.

Place cornmeal, flour, baking powder, baking soda, and salt in a mixing bowl. Combine using a whisk.

When oven is preheated, add the egg, buttermilk, and melted butter, if using, to the dry mixture; whisk or stir to combine. Add additional milk as necessary. Mixture should be slightly thick but pourable.

Remove skillet from oven; pour hot oil from skillet into batter, quickly stirring in the oil. Pour batter into hot skillet and return skillet to oven.

Bake 20 - 25 minutes until lightly browned. Cool slightly on a wire rack before serving.

Serve warm with spreadable butter.