

SKILLET CORN BREAD – Serves 6-8

2 Cups yellow Cornmeal
1 Cup bleached all-purpose Flour
1 tsp. Salt
1 tblsp. Sugar
1 tsp. Baking powder
1 large Egg, beaten
1 ½ cups Milk
3 tblsps solid vegetable Shortening (Crisco e.g.)

Preheat the oven to 400°

COMBINE THE CORNMEAL, FLOUR, SALT, SUGAR, AND BAKING POWDER IN A LARGE MIXING BOWL. ADD THE EGG AND MILK AND MIX WELL BUT DO NOT BEAT.

HEAT THE SHORTENING IN A 10-INCH CAST IRON OR OTHER OVENPROOF SKILLET OVER MEDIUM HIGH HEAT UNTIL ALMOST SMOKING.

POUR IN THE BATTER AND COOK UNTIL THE EDGES BEGIN TO TURN GOLDEN, 3-4 MINUTES. TRANSFER THE SKILLET TO THE OVEN AND BAKE UNTIL GOLDEN BROWN, ABOUT 45 MINUTES.

REMOVE FROM THE OVEN AND LET COOL ABOUT 5 MINUTES BEFORE USING.

Tip!! Cooking Cornbread in a cast-iron skillet gives best results