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Corn Bread*

Preparation time: 10 minutes

Baking time: 18 to 30 minutes (varies between baking in a muffin pan or baking pan)

Cooling time: 5 to 10 minutes, serve warm

Yields: 12 (1.8 ounce) squares, muffins or wedges

Ingredients:

- 1 cup all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 or 2 tablespoons sugar, optional
- 1/2 teaspoon salt
- 1 cup cornmeal, white or yellow or degerminated or whole grain
- 1 egg
- 3 tablespoons vegetable oil or melted butter
- 1 cup low-fat milk or skim milk

1. Preheat the oven to 425 degrees F.
2. Grease bottom and sides of a 9-inch square or round baking pan OR 12-cup medium muffin pan.
3. In a medium-sized bowl, mix together the dry ingredients: cornmeal, flour, sugar, baking powder, and salt.
4. In a separate cup or bowl, beat the egg with a fork or whisk. Add the oil or melted butter and milk, beating well.
5. Add the egg mixture to the dry ingredients and mix only until dry ingredients are combined. Do not over-mix; the batter will not be smooth.
6. Pour batter into the greased pan or muffin cups. Bake 18 to 20 minutes for muffins or 25 to 30 minutes for 9-inch square or round pan. Remove from oven when golden brown. (To check if done, insert a toothpick into the center of the corn bread. It should come out clean.)
7. Serve with butter and warm honey OR whip 3 tablespoons honey and 1/2 cup (1 stick) butter together to make honey butter.

Nutrition Information:

1 of 12 squares without honey and/or butter contains approximately:

Calories, 130 kcal; Carbohydrates, 19 g; Protein, 3 g; Fat, 5 g; Fiber, 1 g; Sodium, 210 mg; Cholesterol, 18 mg; Sugars, 3 g; Potassium, 77 mg

* Recipe from "Baking for Success" HBA educational curriculum material.