



In the Kitchen

with Barb Agee ~ January 2015

A Cornucopia of Cornbread

A member of the quick bread family, cornbread is a delicious, savory or sometimes sweet accompaniment to soups, chilies, chowders, salads or as a dessert for surprise finish to a meal.

Spicy-Sweet Cornbread with Maple Butter

1 cup medium-grind yellow cornmeal	4 eggs, lightly beaten by hand
1 cup all-purpose flour	One 7 ounce can creamed corn
$\frac{3}{4}$ cup sugar	4 ounce fire-roasted canned green chiles, diced
1½ tablespoons baking powder	$\frac{1}{2}$ cup butter, very soft
$\frac{1}{2}$ cup cheddar-jack cheese, shredded	Maple Butter (<i>see recipe below</i>)

Preheat oven to 400°F. In a medium bowl combine the cornmeal, flour, sugar and baking powder; whisk together. Add cheese and toss to coat cheese with flour mixture. In a large bowl, cream butter. Blend in creamed corn and chiles; then incorporate the beaten eggs into the butter mixture. Fold in the dry ingredients.

Bake in a greased 9-inch glass baking dish or 9-inch cast iron skillet. Bake for 25 to 35 minutes. Let cool 10 minutes before cutting and serving. *Makes 9 servings*

Maple Butter

$\frac{1}{2}$ cup butter, at room temperature $\frac{1}{4}$ cup real maple syrup

Whip the butter; drizzle in the syrup and mix together. Serve on the warm cornbread.

Barb's Note: If using a mini-muffin pan, bake for 10–12 minutes.

Browned Butter and Sour Cream Cornbread

1 teaspoon vegetable oil	1 teaspoon salt
4 tablespoons unsalted butter	$\frac{1}{4}$ teaspoon baking soda
1½ cups medium grind cornmeal	2 eggs, lightly beaten
$\frac{1}{2}$ cups all-purpose flour	1 cup sour cream
2 teaspoons baking powder	



Preheat oven to 400°F. Rub a cast iron skillet with the vegetable oil; place in oven to heat. Melt butter in a small skillet over medium heat until lightly browned, about 4 minutes. Pour into a medium bowl, set aside to cool.

To cooled butter add beaten eggs and sour cream, whisking well. In a large bowl, whisk together cornmeal, flour, sugar, baking powder, salt and baking soda. Pour dry ingredients into egg mixture, stirring until just combined. Pour batter into hot skillet. Bake until golden and a toothpick inserted into the center comes out almost clean. Let cool in skillet 5 minutes, then turn out onto wire rack. *Serves 8*

Bacon-Scallion Cornbread

1 cup all-purpose flour
¾ cup cornmeal
3 tablespoons sugar
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt

1 cup buttermilk
2 eggs
3 slices bacon, chopped
4 scallions, thinly sliced, green and white parts separated
3 tablespoons unsalted butter

Preheat oven to 425°F. In a medium bowl, whisk together flour, cornmeal, sugar, baking powder, baking soda and salt. In a small bowl, whisk together buttermilk and eggs. Whisk the buttermilk mixture into the dry ingredients to combine. Let set undisturbed for 20 minutes.

In a 10-inch cast-iron skillet, sauté bacon until lightly browned. Add scallion whites and butter. Sauté scallions until tender. Mix the bacon mixture into the batter, leaving some fat in skillet. Fold in scallion greens. Pour batter into the warm skillet. Bake for 20 minutes or until a toothpick inserted in the center comes out clean. Let cornbread set for 5 minutes before serving. *Serves 8*

Custard-Filled Cornbread

3 tablespoons + 1 tablespoon unsalted butter
1 cup all-purpose flour
1 cup medium grind yellow cornmeal
1 teaspoon baking powder
½ teaspoon baking soda
2 eggs, lightly beaten

¼ cup sugar
1¾ cups whole milk
1½ tablespoons white vinegar
½ cup heavy cream
Pure maple syrup or honey for serving, *optional*

Preheat oven to 350°F. Butter a 9-inch square pan. Put the buttered pan in the oven to warm. Melt 3 tablespoons butter; cool slightly.

In a small bowl, whisk together the flour, cornmeal, baking powder and baking soda. When butter is cooled, add the eggs and whisk to blend. Add sugar, salt, milk and vinegar; whisk well again. While whisking constantly, gradually add the flour mixture; mixing until the batter is smooth with no lumps.

Pour the batter into the warmed pan. Then pour the cream into the center of the batter. ***Do not stir. Carefully slide pan back into the oven taking care to not bump or shake the pan.*** Bake until golden brown on top, 50 minutes to 1 hour. Serve warm. *Serves 9*

- **Barb's Note:** May substitute buttermilk for the whole milk and vinegar

Transform Cornbread with Add-ins!

Rosemary-Olive: ½ cup pitted chopped Kalamata olives and 1 tablespoon fresh chopped rosemary

Lemon-Raspberry: 1 cup fresh raspberries and 1 teaspoon grated lemon peel

Pecan-Apricot: ⅓ cup toasted chopped pecans, ⅓ cup chopped dried apricots and 2 tablespoons brown sugar



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