

Corn Bread

August 3rd, 2020

This recipe serves: 8

Prep Time: 00:15

Cook Time: 01:00

The traditional Southern Style of Corn Bread uses Lard. The traditional Northern Style of Corn Bread is more of a sweet cake than bread. My Corn Bread recipe is neither of those. The Creamed Corn will provide a sweetened taste, and the Greek Yogurt will provide a nice tang.

Ingredients:

1 Tablespoon Unsalted Butter (cold)

1 Tablespoon All Purpose Flour

Dry Mix

1 Cup (124 Grams) All Purpose Flour

1.25 Cup (156 Grams) Yellow Cornmeal - Coarsely Ground

1/2 Teaspoon Cumin

1 Teaspoon Paprika

2 Teaspoons Baking Powder

1/4 Teaspoon Baking Soda

1/2 Teaspoon Table Salt

Wet Mix

1 Can (14 oz) Creamed Corn

7 Ounce Store-bought or Homemade Greek Yogurt or Creme Fraiche

2 Tablespoons Sugar

2 Large Eggs, lightly beaten

4 Tablespoons Unsalted Butter, melted

1 Cup Shredded Cheese

2 Ounces finely chopped (canned or fresh) Jalapeno or Hatch Chile Peppers (optional)

Directions:

Use the Butter to grease the inside of an 8 inch x 8 inch casserole dish.

Coat with Flour, dumping off any remaining flour that does not stick.

Preheat oven to 325° Fahrenheit

In a large bowl, mix the Dry ingredients. Ensure that they are well mixed.

In another bowl, mix the Wet ingredients, again ensuring that they are well mixed.

Add the Wet ingredients to the Dry ingredients. Gently fold them together until they are fully incorporated. Do not overmix.

Pour the Batter into the casserole pan. Cover the pan with aluminum foil.

Bake for about 60 minutes or until a toothpick in the center comes out mostly clean, but with a few moist crumbs.