

EASY CORNBREAD RECIPE

From Mark Bittman's "How to Cook Everything"

MEN'S SHELTER DINNERS ON FEB. 13 & FEB. 22

PREHEAT OVEN TO 375 degrees

USE 8" square baking pan; heavy foil is fine

- 1 ¼ cups milk and 1 T. white vinegar
OR 1 ¼ cups buttermilk
- 2 T. butter or oil olive (for baking pan)
- 1 ½ cups medium-grind cornmeal (about 7 oz.)
- ½ cup flour, all-purpose is fine
- 1 ½ t. baking powder
- 1 t. salt
- 2 T. sugar OR ¼ cup honey
- 1 egg
- **OPTIONAL ADD IN: 1 cup of creamed corn.**

DIRECTIONS:

- If using milk, warm slightly in microwave for 1 minute in safe bowl or pyrex cup, add vinegar and set aside. (If using buttermilk alone, no need to warm it.)
- Place butter or oil in baking pan over medium heat until good and hot, about 2 minutes. Turn off heat, while you mix dry ingredients in a bowl -- including sugar or honey.
- Mix egg into milk (or buttermilk) and stir liquid into dry ingredients, combining well. Fold in creamed corn now if you wish. Don't over mix. If batter seems too dry, add another tablespoon or two of milk.
- Pour batter into the preheated square pan, smooth top and place in oven.
- Bake at 375 degrees for 30 minutes. Done when lightly brown and sides pull from pan. Toothpick inserted into center will come out clean.
- Cool and deliver to church kitchen in pan without cutting.

DELIVER COLD & DO NOT CUT CORNBREAD

Securely wrap in disposable container, place in Good Shepherd fridge or freezer. If you use a baking dish and wish your container back, please mark it with your name using a Sharpie, or tape (when baking pan has cooled).

Questions: Penny Risen, GSLC Office 301-869-1780 or penny@goserve.net
Coordinating GSLC's Monthly Meals at Men's Shelter/HBCACA --- THANKS!