

Bread

Recipe:

Cornbread

Preheat oven to 350 degrees F. In a microwave-proof dish, bring the milk to a boil. Remove the milk from the microwave and add the cornmeal. Stir and let soak at room temperature for 30 minutes. Set aside. Sift the flour, baking powder, and salt into a medium mixing bowl and whisk to combine. In a separate mixing bowl, whisk the eggs. Add the sugar to the eggs and whisk to combine. Add the canola oil and whisk. Add the cornmeal and milk mixture to the egg mixture and whisk to combine. Add this to the flour and stir just until combined. Pour the batter into the skillet and bake for 40 to 45 minutes. Remove from oven and let cool for 30 minutes in the skillet. Set a platter on top of the skillet and carefully invert. Serve.

Software:

3/4 cup whole milk
1 cup coarse ground cornmeal
3 whole eggs
4 3/4 ounces all-purpose flour
2 tsp baking powder
1/2 tsp salt
5 3/4 ounces sugar
1/2 cup canola oil

Hardware:

10 inch cast iron skillet