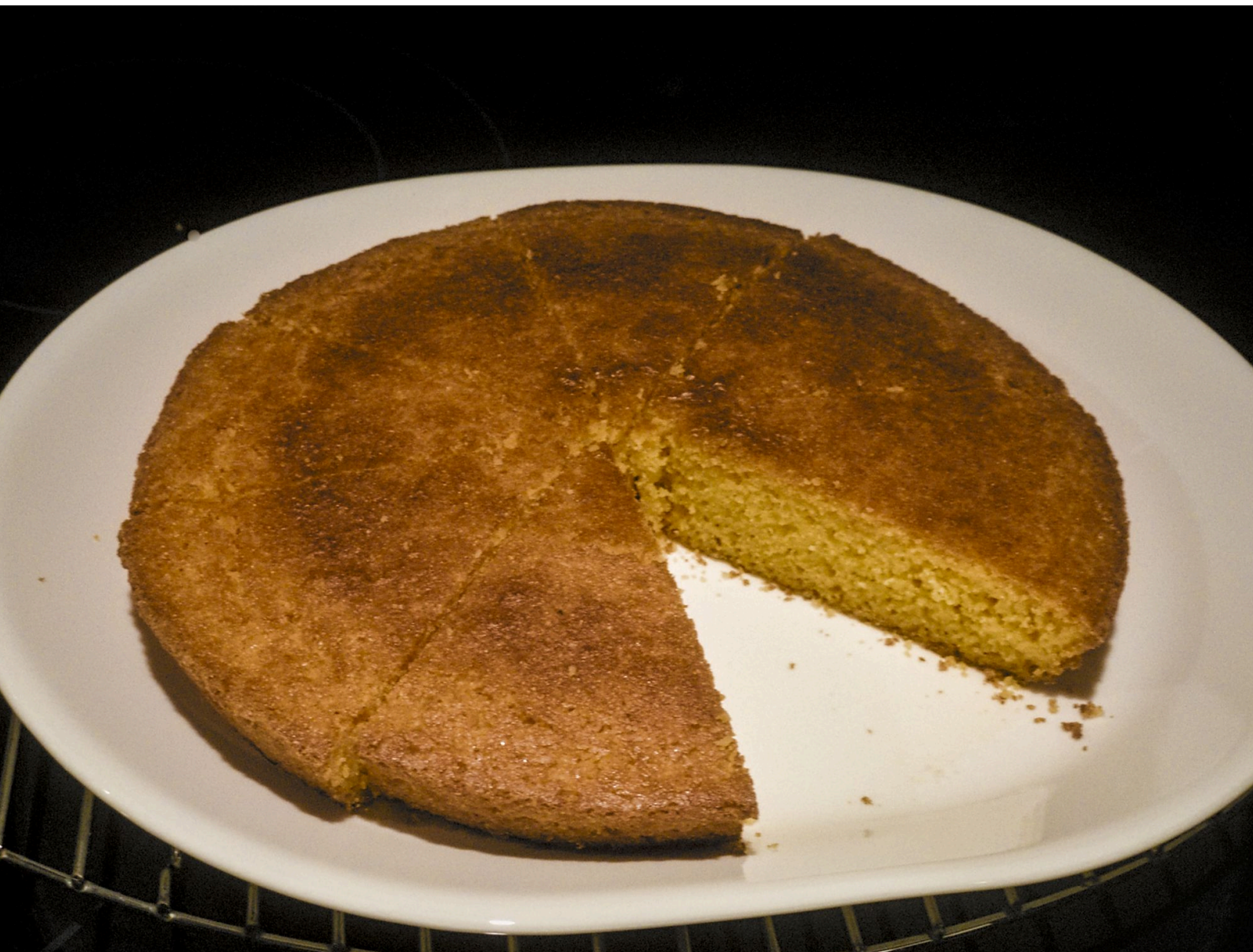


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Cornbread

H.M. Turnbull



AN OLD FAMILY RECIPE

This delicious cornbread recipe has been passed down through my family for generations, often accumulating various minor tweaks that have refined the family cornbread into what it is today.

I learned to make the family cornbread from my grandfather, and I've made it quite frequently ever since. I have recorded the process in detail so that what my grandfather taught me might bring the same joy to others as it has to so many generations of my family.



This recipe is dedicated to Hal Weaver, who always made the best cornbread in the world.

INGREDIENTS

- 1 cup Corn meal
- ¾ cups Corn flour
- 1 teaspoon Salt, pink
- 1 tablespoon Baking powder
- 1 teaspoon Baking soda
- 3 Eggs, large
- ¾ cups Buttermilk
- 2 tablespoons Pure vanilla extract
- 3 tablespoons Maple syrup, pure
- ¼ cup Butter, melted



INSTRUCTIONS

- Preheat oven to 400°F.
- Put the dry ingredients in a large bowl or mixer; sift, whisk, and mix till consistent.
 - Corn meal
 - Corn flour
 - Salt
 - Baking powder
 - Baking soda
- Combine the wet ingredients in another bowl and beat well.
 - Eggs
 - Buttermilk
 - Vanilla
 - Maple syrup
 - Butter, melted



- Butter a pie plate or iron skillet.



- Pour the wet ingredients in with the dry ingredients and mix well.
 - Use a spatula to make sure no dry ingredients have stuck to the bottom of the bowl. Mix till the batter is fully consistent.



- Pour the batter into the pie plate or skillet and bake for 30 minutes on center rack or above.
 - Check at 25 minutes; the cornbread should cook to a golden brown.

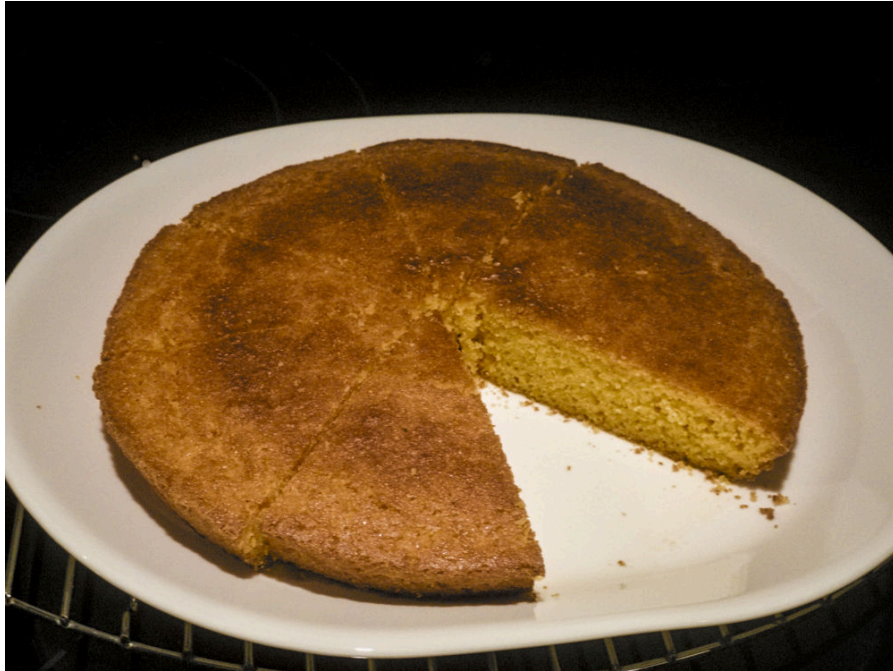


- Once the surface is golden brown, check the cornbread by pushing a knife down into the centre; the knife should come out clean.



- Slide the cornbread out of the pie plate or skillet and onto a plate.
 - The cornbread will cool more quickly if you place the plate on a cooling rack.
- Let the cornbread cool.





- Once cool, cut the cornbread into wedges.
- Eat with butter softened to room temperature.

