

Skillet Corn Bread

1 c. corn meal
½ c. flour (unbleached, whole wheat
or pastry)
½ tsp. salt
2 tsp. baking powder

1 Tbsp. oil (olive or corn)
1 c. soymilk or other liquid

1 Tbsp. oil (olive or corn)

Preheat oven to 425 °F. Put an eight-inch cast-iron skillet in the oven while it heats up.

Combine cornmeal, flour, salt and baking powder in a medium bowl and mix well. In a small bowl mix the soymilk and one tablespoon of the oil.

When the oven reaches temperature, pour the second tablespoon of oil into the skillet and return it to oven for a minute or two. While the oil is heating, combine wet and dry ingredients and mix briefly, just until dry ingredients are moistened. Don't overmix.

Remove skillet from oven, (carefully) swirl the oil to coat the sides, and pour the batter into it. Return to oven and bake for 25 minutes. Remove from skillet and cut into six wedges.

Notes: I like crunchy cornbread, so I use more cornmeal than most recipes. The crust reminds me of hush puppies. If you use a 10-inch skillet, increase the ingredient amounts by fifty percent.

6 pieces

Per piece: 163 calories; 3.5g protein; 6g fat; 24g carbohydrate; 0mg cholesterol

Source: original recipe

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