

Hot Water Cornbread



My whole family loves home cooking and often include items in our menu that go great with cornbread (like [Texas Chili con Carne](#), [Quick Beef Stew](#) or [3-Ingredient Leftover Turkey Stew](#)).

Unfortunately, most cornbread recipes call for milk and eggs, which are out due to all sorts of family-allergies. But my mom used to make something she called “Hot Water Cornbread”. It’s perfect for all our allergy-sensitivities. And we gave it a new name...**Vegan & Gluten-Free Hot Water Cornbread.**

- [Yellow Cornmeal, gluten free](#) (not all corn meal is gluten free)
 - Boiling Water
 - Baking Powder
 - Salt
 - Canola Oil
 - [Large, Heavy-Duty Skillet](#) (a cast iron skillet like the one I linked to is perfect)
1. Heat the water to boiling.
 2. In a medium size mixing bowl, mix together the gluten free cornmeal, baking powder, and salt. Stir to combine.
 3. Gradually add the hot water to the dry ingredients, and stir. All of the cornmeal should be damp when your done.
 4. I sometimes like to add some finely chopped onion to my hot water cornbread at this point. The onion adds a lot of flavor.
 5. Set the mixture aside for 15 to 20 minutes.
 6. If there is water standing on the cornmeal, pour it off.
 7. Spoon the batter into a pan over medium heat with about 1/4-inch of vegetable oil (coconut oil is the perfect substitute) in it.
 8. Cook on one side until golden brown, then flip and let the other side brown.
 9. Place on paper towel covered plate to drain.
 10. Serve and enjoy! (a bit of vegan butter will taste very good on these cornbread cakes)

