

## - Southern Corn Bread -

### **Ingredients:**

1 1/2 c yellow corn meal  
3/4 tsp Baking Soda  
1 tsp Salt  
1 1/3 c Buttermilk  
2 Eggs - separated  
1/4 c melted Shortening

### **Directions:**

Grease a heavy 10" skillet and preheat in the oven at 450 F.

Mix corn meal, baking soda and salt together. Beat 2 egg yolks and stir into corn meal along with butter milk. Beat 2 egg whites until stiff and fold into corn meal mixture. Pour into the preheated skillet and bake at 450 F for 25 to 30 minutes.

Serve warm with butter.

### ***Shana's Tips:***

Corn meal comes in a variety of grinds. If you are looking for a 'cake like' result use a finely ground corn meal. For a coarser bread with a bit more bite use the coarse ground. Both will be delicious but the texture of your finished product will be vastly different.

You can add a little excitement to your corn bread by mixing in 1/2 to 1 finely chopped jalapeño (seeds removed) to the batter.

(This is a vintage recipe from "The Modern Family Cook Book" by Meta Given, 1953)