

Cornbread – Traditional Style

Ever wondered what cornbread was?

Oven: 220C (425F)

Ingredients:

Cornbread:

1 Cup Self Raising Flour
1 ½ cups Cornmeal (Polenta)
2 to 4 Tbsp Brown Sugar
½ tsp Salt
2 Beaten Eggs
1 Cup Milk
¼ cup Cooking Oil
210gr (5ounces) Creamed Corn

Honeybutter:

½ cup Butter (room temp so it's softer)
2 Tbsp Honey

Method:

Cornbread:

1. Grease the bottom and sides of a 9x9x2 inch baking pan.
2. In a medium mixing bowl stir together the flour, cornmeal, sugar and salt. Make a well in the centre; set aside.
3. In another bowl combine the eggs, milk, cooking oil and creamed corn. Add egg mixture all at once to the dry mixture.
4. Pour batter into prepared pan. Bake in oven for 20 to 25 minutes or till a wooden toothpick inserted near the centre comes out clean. Cool on a wire rack.

Honeybutter:

1. Mix butter and honey until it is evenly combined.
2. Spread on a hunk of warm cornbread

Notes: This ends up as a fairly dry bread. That's why I recommend to serve it with Honeybutter, or even better Pumpkin Soup or Chilli.