

A Healthier Cast Iron Skillet Corn Bread

Total Time: 55 min

Prep: 15 min

Inactive: 15 min

Cook: 25 min

Yield: 8 to 10 servings

Ingredients

1 1/4 cups coarsely ground cornmeal

3/4 cup gluten free corn flour

1/2 cup grade B maple syrup or 1/4 cup organic sugar

1 teaspoon kosher salt

2 teaspoons baking powder

1/2 teaspoon baking soda

1 1/3 cup buttermilk or original almond milk with a splash of white vinegar

2 eggs, lightly beaten

8 tablespoons unsalted butter, melted

Directions

We think when cooked in a cast iron skillet and served hot tableside this cornbread tastes the best. Serve with jam and butter or honey butter made from local honey. Yum!

Preheat the oven to 425 degrees F and place a 9-inch cast iron skillet inside to heat while you make the batter.

In a large bowl, whisk together the cornmeal, flour, sugar, salt, baking powder, and baking soda. Whisk in the milk, buttermilk, and eggs. Whisk in almost all of the melted butter, reserving about 1 tablespoon for the skillet later on.

Carefully remove the hot skillet from the oven. Reduce oven temperature to 375 degrees F. Coat the bottom and sides of the hot skillet with the remaining butter. Pour the batter into the skillet and place it in the center of the oven. Bake until the center is firm and a cake tester or toothpick inserted into the center comes out clean, 20 to 25 minutes. Allow to cool for 10 to 15 minutes and serve.

For a more savory version cut the maple syrup in half and add sautéed chili peppers and onion to the mix before baking. Great with soups or chili