

Modern Cornbread

An modern recipe



Modern Cornbread made in the Adventure Kitchen, November 2014.

Ingredients

½ cup unsalted butter (1 stick), plus
1 tablespoon for greasing the
baking dish

1 ½ cups flour

1 cup coarse cornmeal

1 ½ teaspoons kosher salt

2 teaspoons baking powder

4 tablespoons sugar

3 eggs

1 ½ cups milk

Instructions

1. Melt the butter in one of these ways:

In the microwave: Put the butter in a microwave-safe bowl and put it in the microwave with a paper towel over it. Microwave it on high for 45 seconds, then check it. If it's not completely melted, put it back in for a bit longer and check it again. When the butter is melted, set it aside while you start the next step.

or...

On the stove: Put the butter in a small pot and put it on the stove on low heat. The butter should melt within a minute or two. Don't let it burn! Once it's melted, turn the heat off and let it sit while you start the next step.

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Instructions (continued)

- 2.** Get out a 2-quart baking dish and grease it with the butter like this:
Use a paper towel to smear the 1 tablespoon of butter all over the inside bottom and walls of the baking dish. When you are finished, every bit of the dish should be smeared with butter, with no spots missed. This will keep your cornbread from sticking to the dish and burning. When you are done, set the dish aside for now.
- 3.** Open the door of your cold oven and check to see if the rack is in the middle position. If not, put it there. Turn the oven on to 375° so it can preheat while you work.
- 4.** Get out one large bowl and one medium-sized bowl.
- 5.** In the large bowl, combine all the dry ingredients: flour, cornmeal, salt, baking soda and sugar. Mix them up so they are completely combined.
- 6.** Break the eggs into the medium bowl, one at a time. Each time, check to be sure there are no pieces of eggshell in the bowl.
- 7.** Wash your hands with soap and water! When we break eggs, we get a little raw egg on our hands. Raw eggs can have bad germs called “salmonella” in them, which can make us very sick. Soap kills the germs, so you won’t spread them around while you work. (Cooking also kills the germs, so your cornbread will be good to eat.)
- 8.** Use a whisk or a fork to break all the egg yolks and then mix the eggs up really well. When you are finished, the eggs should be mixed up so well that you can’t see any separate yolk and white part – it all just looks like yellow liquid.
- 9.** Stir the milk into the eggs.
- 10.** Stir the milk and egg mixture into the large bowl with the dry ingredients. Mix everything together so it’s all evenly wet and there are no lumps.
- 11.** Stir the melted butter into the batter and mix it up really well so that you can’t see any streaks of butter.

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Instructions (continued)

12. Pour the batter into the baking dish that you greased in Step 2.

13. Put the baking dish on a cookie sheet and put it in the oven. Bake for 25-35 minutes, until the top is golden brown.

14. When you think the cornbread is done, take it out of the oven and carefully use a knife to test it, like this:

Poke your knife down through the top of the cornbread, all the way until you feel it touch the bottom of the baking dish. Pull it straight up and back out. Look at the knife. If it looks moist and greasy, but there is no batter on the knife, it's done! If you see batter on the knife, the cornbread is not completely cooked. Put it back in for about 5 minutes.

15. When you have tested the cornbread and there is no uncooked batter in it, ***your cornbread is ready!*** Let it cool for 5 minutes or so, then serve.

Have fun!