



Our Favorite Sour Milk Cornbread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder homemade (see note)
- ☐ 2 eggs lightly beaten
- ☐ 1.5 cups cornmeal white
- ☐ 1 teaspoon salt
- ☐ 1.8 cups milk
- ☐ 2 tablespoons butter unsalted

Equipment

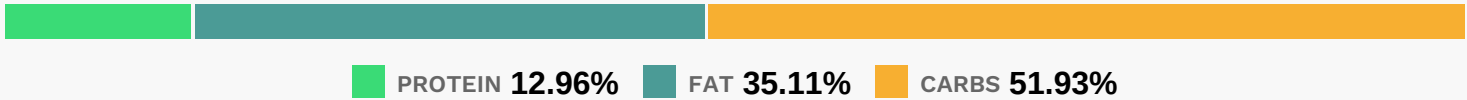
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 450°
- ☐ Mix the cornmeal, salt, and baking powder together in a bowl. Stir the milk into the beaten eggs, and pour over the dry ingredients in batches, stirring vigorously to make a smooth glossy batter.
- ☐ Cut the butter into pieces and put it in a 10-inch cast-iron skillet or baking pan.
- ☐ Put the skillet in the preheated oven, and heat until the butter is melted and foaming.
- ☐ Remove from the oven, and swirl the butter all around the skillet to coat the bottom and sides thoroughly.
- ☐ Pour the remaining melted butter into the cornbread batter, and stir well until the butter is absorbed into the batter. Turn the batter into the heated skillet, and put in the oven to bake for 30–40 minutes, until cornbread is golden brown and crusty on top and pulls away from the sides of the skillet.
- ☐ Remove the skillet from the oven, and turn the cornbread out onto a plate. Allow to cool for 5 minutes before cutting into wedges.
- ☐ Serve the cornbread while it is hot.
- ☐ Distressed by the chemical additives and aftertaste of commercial "double-acting" powders, Miss Lewis years ago started making her own baking powder—a traditional mixture of cream of tartar and baking soda. When I first used her formula (from her books, before we met), I couldn't really taste any difference. Soon, though, I realized that muffins and quick breads made with aluminum-sulfate-based powders left a metallic "tingle" on my tongue. Today, I make up a batch of this powder every week for use at the restaurant and bring a jar home for Miss Lewis. We recommend it for all the recipes here. If necessary, you can substitute commercial baking powder in equal amounts. Sift 1/4 cup cream of tartar with 2 tablespoons baking soda together 3 times, and transfer to a clean, tight-sealing jar. Store at room temperature, away from sunlight, for up to 6 weeks.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:18.72, Inflammation Score:-4, Nutrition Score:8.8043477898059%

Nutrients (% of daily need)

Calories: 250.13kcal (12.51%), Fat: 9.79g (15.07%), Saturated Fat: 4.59g (28.72%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 28.86g (10.49%), Sugar: 4.1g (4.56%), Cholesterol: 73.13mg (24.38%), Sodium: 508.22mg (22.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Phosphorus: 206.08mg (20.61%), Vitamin B6: 0.3mg (15.15%), Fiber: 3.74g (14.95%), Calcium: 138.67mg (13.87%), Magnesium: 53.12mg (13.28%), Manganese: 0.26mg (13.15%), Vitamin B2: 0.2mg (11.99%), Selenium: 8.29µg (11.84%), Zinc: 1.72mg (11.46%), Vitamin B1: 0.17mg (11.01%), Vitamin B12: 0.52µg (8.71%), Iron: 1.52mg (8.46%), Vitamin D: 1.15µg (7.64%), Potassium: 256.32mg (7.32%), Vitamin B5: 0.73mg (7.32%), Vitamin A: 311.11IU (6.22%), Copper: 0.11mg (5.43%), Vitamin B3: 1.07mg (5.35%), Folate: 20.55µg (5.14%), Vitamin E: 0.44mg (2.97%)