

Cornbread

Serves 6-8

This low sugar, gluten free cornbread starts with a cornmeal mush that helps make the bread moist.

2-1/2 cups yellow cornmeal
1/2 cup boiling water
1-2 tablespoon sugar
1 1/2 teaspoons baking powder
1 teaspoon kosher salt
1/2 teaspoon baking soda
2 cups buttermilk
2 large eggs
4 tablespoons butter, melted and cooled
2 tablespoons room temperature butter

Place a well-seasoned 12-inch cast iron skillet on the center rack of the oven and preheat oven to 375°F.

Put 1/2 cup of the cornmeal in a medium mixing bowl. Add the boiling water and stir until it becomes a thick mush. The mush should be moist – if it seems dry add up to another 1/4 cup of boiling water.

In a small bowl, combine the remaining 2 cups of cornmeal with the sugar, baking powder, salt, and baking soda.

Whisk the buttermilk into the mush until smooth, then whisk in the eggs. Whisking constantly drizzle in the 4 tablespoons of melted butter

When the oven and pan are fully heated, stir the dry ingredients into the buttermilk mixture. Remove the hot pan from the oven and add the room temperature butter, carefully swirling it around the pan until it's melted and has coated the pan—it's fine if the butter browns. Pour the batter into the skillet or pan and smooth the top gently with a silicone spatula.

Bake until cornbread is lightly browned on top and a skewer inserted into center comes out clean, about 30 minutes.

Let cool for about 15 minutes in skillet, then serve warm.

To make muffins: Line 12 muffin tins with paper liners. Mix the batter as instructed but add 6 tablespoons of melted butter instead of 4. Bake for 15-20 minutes at 375°F.