

Even a Yankee Can Do It Cornbread

(adapted from “Mini Cast-Iron Skillet Cornbread” from the *Cast Iron Cookbook* by Joanna Pruess)

The recipe below is for a 6-inch skillet, though it also bakes just fine in an 8-inch skillet. I double the quantities if I’m going to bake it in a 10-inch skillet. The items in italics are changes I made to the recipe, so they’re optional. I find this works best if all ingredients are at room temperature.

Preheat the oven to 450. Put the skillet in the oven to heat for at least 15 minutes.

Combine in a large bowl:

¾ cup coarsely ground yellow cornmeal

¼ cup unbleached all-purpose flour

½ T sugar (*shhh.... Don't tell!*)

1 tsp baking powder

¼ tsp baking soda

½ tsp salt

Stir in:

½ cup defrosted frozen corn

½ cup shredded Cheddar cheese

2 T chopped jalapeno peppers (*I use ½ Tablespoon of Tallarico's Hot Hoagie Spread instead...it's a Pennsylvania specialty item – a hot pepper relish – that I order online. You could buy it in any grocery store in Pennsylvania when I was a kid, and my mother put it in egg salad, tuna salad, vegetable soup, sauces....anything that needed a little extra “kick.”*)

In a separate bowl, whisk together:

½ cup buttermilk

4 T melted unsalted butter

1 large egg

Stir the wet ingredients into the dry ingredients and mix just until blended.

Remove the skillet from the oven, brush with 1 T of butter, *sprinkle the bottom and sides of the pan with some cornmeal*, and spoon in the batter, smoothing the top. (*Some people suggest pouring the melted butter in the skillet back into the batter first, but I always make a mess and burn myself on the hot skillet when I try that, so I skip that step.*) Bake until the top is golden and a toothpick inserted in the center comes out clean, 22 – 25 minutes.

Let cool in the pan on a rack for a few minutes before inverting onto a plate or cutting board.