

# Resource 8.

## *Cornbread making*

### Corn Bread Recipe Instruction sheet

#### Ingredients

- A small amount of butter for greasing the pan
- 225g fine cornmeal
- 140g wheatgrain flour (milled as part of the grain grinding activity)
- 1 tbsp sugar
- 2 tsp baking powder
- 1 ½ tsp salt
- 2 x 284ml cartons of butter milk (or same quantity semi-skimmed milk with a squeeze of lemon juice)
- 2 eggs



#### Method

- Melt the butter in dutch oven or ovenproof frying pan.
- Tip all the dry ingredients into a large mixing bowl.
- Beat together the buttermilk and eggs in a separate bowl.
- Pour over the dry ingredients and mix together until just combined and you have a batter. Pour the batter into the dutch oven or frying pan and smooth the top with a knife.
- Bake for 25 mins over the fire until golden and a skewer inserted in the centre comes out clean.
- Cool in the pan for 10 mins, then turn out, cut into wedges and serve. You can make up to 2 days ahead and store in an airtight container or freeze for up to 1 month.