

# Mountain Cornbread

Serves 6-8 : ~35min : Recipe by Ronni Lundy

## Ingredients:

- 2 cups cornmeal, preferably stone-ground\*
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 large egg
- 1½ cups milk or buttermilk
- 4 tablespoons bacon grease or butter
- extra butter for serving (I would serve with apple butter next time)

## Instructions:

- Preheat the oven to 450°F.
- In a large bowl, mix together the cornmeal, salt, baking soda, and baking powder.
- Break the egg into the bowl and poke it to break the yolk.
- Add the milk and stir quickly and vigorously to combine. The consistency you are looking for is denser than typical pancake batter but still pourable. Add more milk or water if it needs to be thinned.
- Put the grease in a 9 or 10-inch ovenproof (preferably cast-iron) skillet and put the skillet in the oven to get sizzling hot, but make sure it doesn't start to smoke\*.
- Remove the skillet from the oven and carefully tilt it to coat the bottom and the lower half of the sides.
- Slowly pour most of the sizzling grease into the batter, leaving a thin layer of grease in the pan.
- Stir quickly to incorporate it, and then turn the batter out into the hot skillet.

- Place the skillet in the oven and bake for 20 to 25 minutes, until the center of the cornbread is firm and the edges are brown, crispy, and pulled away from the edges of the pan.
  - If you want a more browned top, run the cornbread under the broiler for just a few seconds (keep a sharp eye on it because it can burn very easily).
  - Serve immediately from the pan or turned out onto a plate, cut in wedges.
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**recipe notes:**

- Butter will brown quickly after melting, but browned (not burned) butter can add a rich tone to the final bread as well.
- In the story leading up to this recipe, Ronni mentions that if your cornmeal is too coarse, give it a quick blend to make it finer and if your buttermilk is too thick you might need to thin out the batter with a little bit of milk. Focus on the consistency. You don't want it to be too dry! The goal is a tender on the inside, crisp on the outside.

**what you learn:**

- I think this is a fabulous recipe for learning the joys of saving and using bacon grease. It's dramatically underappreciated in the modern home kitchen.