

Cooper's Farm

304-743-9159

CORNBREAD

1 C. Corn Meal 2/3 C. Buttermilk
1 Egg 1/3 C. Flour
1 TSP Salt 1 TSP Sugar optional
2 TSP Baking Powder

Mix together all ingredients. Pour into preheated greased iron skillet or pan. Bake at 425 degrees for 30 minutes or until golden brown.

SPOON BREAD

1 C. Corn Meal 3 Eggs-separated
3TBS Melted Butter 1TS Salt
1/2 TS Sugar 1 C. Buttermilk
1/2 TS Baking Powder
1-1/2 C Boiling Water

Mix cornmeal, salt, and sugar. Pour boiling water over mixture. Let cool to warm, when lukewarm, add butter, well beaten egg yolks and buttermilk with baking powder and fold in stiffly beaten egg whites. Pour into well-greased skillet and bake at 350 degrees for 40-45 minutes.

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