

Buttermilk Cornbread

Thom Hackett

Servings: 6



This is my favorite recipe for cornbread (cornpone). It is great with soups, pinto beans, and greens. No true southerner would consider a pot of collard greens without a skillet of cornbread to go with it.

A slice or wedge of hot cornbread cut in half and buttered is really a good Southern treat. There is a well known truth about mixing the ingredients to give you a pone that rises properly. Here it is:

"Let as little time as possible elapse between combining the dry and liquid ingredients and putting it in the oven. Once the baking powder, baking soda, and buttermilk get together then the rising process begins. Don't mix the dry and wet together until you are ready to put it in the oven. If you do the pone will be flat and difficult to eat."

Ingredients

2½ cups white corn meal, coarse ground (White Lilly is Best)
1 cup flour
1 tablespoon sugar
2 teaspoon salt
2 teaspoons baking powder
½ teaspoon baking soda
2 eggs, lightly beaten
2 cups buttermilk
2 tablespoons oil (melted butter can be substituted for the oil)
1 tablespoons bacon drippings

Cooking Method

Preheat oven to 450°F.

Put bacon drippings in skillet and place in oven for 4 to 5 minutes.

Combine all dry ingredients and set aside.

1. In a medium bowl combine the beaten egg, buttermilk, and oil (butter if using).
2. Remove hot skillet from oven; swirl slightly so grease coats sides of skillet.
3. Quickly combine the cornmeal mixture and the buttermilk mixture, stirring just enough to moisten.
4. Pour at once into hot greased iron skillet, muffin tins, bread pan, or corn stick pans.

Bake about 12 to 15 minutes for muffins or corn sticks, and 18 or 20 minutes for pan or skillet. Cornbread will begin to pull away from the sides of the pan.