Buttermilk Cornbread

The Flying Kitchen
Cooking School

by Shannon Vavich

There's a good chance that if your ancestors were American, they made their cornbread like this. This is my favorite kind of cornbread because the edges are slightly crackly and the insides are soft and cakey. The buttermilk makes this twangy and delectable. A family favorite!

2 1/2 cups flour
1 1/2 cup corn meal
2/3 cup sugar
4 teaspoons baking powder
1 teaspoon salt
2 cups buttermilk
2 eggs
1/2 cup olive or vegetable oil
1/4 cup lard, bacon grease or vegetable oil

Preheat oven to 400° F. In the mixing bowl of a mixer, mix the flour, corn meal, sugar, baking powder and salt. In a medium sized bowl, whisk together the eggs, buttermilk and oil.

Pour the wet mixture into the dry mixture and mix for about two minutes, or until fully incorporated.

Heat a cast iron skillet either in the oven or on the stovetop. Use potholders to handle. Melt the lard, bacon grease or vegetable oil in the pan. Pour the batter into the hot fat. Be careful not to splash the oil on yourself. Bake in a 400° oven for 20-25 minutes. Serve immediately with salted butter. yum.

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