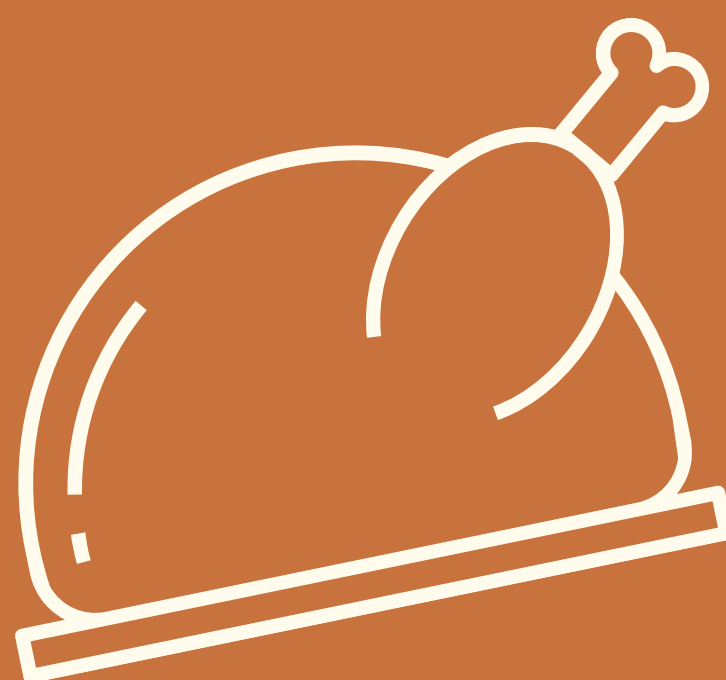


# CORNBREAD RECIPES

FROM THE CONGREGATION



UNITARIAN UNIVERSALIST  
CHURCH OF BERKELEY

# Honey Cornbread Muffins

Submitted by Elizabeth Dortch

1 cup yellow cornmeal  
1 cup all purpose flour  
1 tablespoon baking powder  
½ cup sugar  
1 tsp salt  
1 cup whole milk  
2 large eggs Whisk  
first  
½ stick of butter, unsalted, melted and not too hot. If salted,  
reduce salt to 1/2 tsp  
¼ cup honey

Bake at 400 degrees F.

Prep muffin tin with liner papers. Makes 12 Yummy muffins.

Mix dry ingredients in large bowl. Whisk melted butter, milk, eggs and honey together. Add the wet ingredients to the dry ingredients and stir til just mixed. Spoon or scoop the dough into the tin.

Bake 15 minutes at 400 degrees F. Watch not to over bake as 15 min is just to golden, not browned.

**My modifications:** I reduce the sugar to 1/3 cup, butter to 1/3 cup and I find they are still plenty sweet. I use 2% milk. I freeze them and pop into toaster oven or microwave and they still come out delicious.

I especially like the honey taste but have reduced it too.

This recipe is from the Food Network, from the Neely's.

# Quick & Easy Cornbread Mix

Submitted by Jane Lundin

2 boxes Jiffy cornbread mix  
1 can cream style corn  
2 eggs  
milk

Follow the directions on the package, only use a little less milk — you don't want the batter to be soupy. I know this is so simple it's hardly a recipe, but it is so yummy.

# Kentucky Spoon Bread

Submitted by Anne Wardell

1 box Jiffy corn bread mix  
1 can creamed corn  
1 can whole kernel corn (drained)  
1 stick of butter (melted)  
8 oz sour cream  
2 eggs beaten

Mix, bake at 350F in 7x11 pan, for 40 minutes or until toothpick inserted comes out clean.

Contains about a million calories per serving, but it's worth it.

# Keto “Cornbread”

Submitted by Marsha Saxton

This recipe is for folks like me who eat low-carb. Since Grandma never heard of keto, I got this off the web, tried it, and it's pretty good, and it has a cornbread-y texture! (even though there's no cornmeal in it.) It's baked in a skillet, so it has a homey look and taste.

1/2 cup almond flour

1/3 cup coconut flour

1 teaspoon salt

1/2 teaspoon baking soda

3 eggs

1/2 cup heavy cream (This is important for the texture)

1/4 cup salted butter (melted)

Butter for greasing the skillet

Preheat to 325 degrees. Add the almond flour, coconut flour, salt, baking soda, eggs, and heavy cream to a mixing bowl. Whisk together. Add in the melted butter and continue to mix until all the ingredients are combined.

Pour the batter into the greased skillet. Place it in the preheated oven and bake for 25 to 30 minutes or until golden brown and firm.

Variations include adding 2 tablespoons bacon bits, or 1/3 C of grated cheddar, or a quarter cup of chopped green chiles, or all three.

# Quinoa Corn Muffins, Vegan + Gluten Free

Submitted by Anne Greenwood

1 Tbsp ground flax seeds  
3 Tbsp warm water (if  
you don't want to go Vegan, you can substitute an egg)  
¼ Cup non-dairy milk  
1 tsp apple cider vinegar  
1 cup cornmeal (medium grind)  
1 tsp baking powder  
1/8 tsp salt  
½ cup cooked quinoa  
½ cup corn kernels  
¼ cup applesauce  
2 Tbsp coconut oil, melted  
2 Tbsp maple syrup

Preheat oven to 350° Grease a mini muffin tin, or use silicone  
baking cups

Prepare flax “egg” by combining flax seeds with water in a small  
cup.

In another small cup, whisk together milk and apple cider  
vinegar.

In a large bowl, whisk together cornmeal, baking  
powder and salt. Add in flax “egg” (or  
real egg), milk and all remaining ingredients.

Stir thoroughly.

Spoon mixture into mini muffin tin so each spot  
is about 90% full.

Bake for 20 minutes. Let cool before removing.



# Favorite Cornbread

Submitted by Teri Hudson

1 cup corn meal  
1 cup all-purpose flour  
1 Tbsp sugar  
1 Tbsp baking powder  
1 tsp salt  
1 cup milk  
1 egg  
1/3 cup oil (preferably not olive oil. I like sunflower oil. Butter works, too.)

\* Note: to make the cornbread crispy on the bottom, but the oil in the pan (preferably a cast-iron skillet) in the oven as the oven is preheating. Then pour the oil in the batter last and stir until it's just mixed in. Sprinkle some cornmeal on the pan, then add the batter.

Cook at 400 degrees for 20 minutes.

If it's not yet brown on top, you can stick it under the broiler for a couple of minutes to brown.

Eat hot.

p.s. If you cut up some fresh corn to add to the batter, it's really good.

# Fail-Proof Cornbread

Submitted by Patricia Leslie

This is an entirely plant-based (vegan) recipe that makes really delicious cornbread. I've never had it not work. ©2020 Patricia A. Leslie & Karl Smith; from our cookbook in development, "Unfussy Vegan Cookery"

Preheat oven to 400°.

Lightly grease an 8x8 inch baking pan (I use Earth Balance non-dairy "butter")

1 ½ Cups organic, whole-grain flour (Kamut, spelt, stoneground whole wheat, or a combination of these)

1 Cup + 2 Tablespoons organic, non-GMO cornmeal

1-2 Tablespoons coconut sugar (optional)

½ Tablespoon baking soda

½ teaspoon powdered Stevia

5 Tablespoons water

1 ½ Tablespoons egg replacer powder

1 Cup plant-sourced milk, unsweetened (I use "Ripple")

2 ½ Tablespoons organic olive or canola oil

2 Tablespoons organic apple cider vinegar

For the surface: 1-2 teaspoons extra plant milk

STIR the oil and vinegar into the plant milk

SIFT together the flour, cornmeal, (optional sugar), Stevia and baking soda in a medium mixing bowl

In a large mixing bowl, WHISK the egg replacer into the water.

ADD the plant milk, oil and vinegar mixture to the egg replacer

With a mixer, BEAT these liquids together at high speed until very bubbly.

BEAT the flour-cornmeal mixture into the liquid at medium-high speed, JUST UNTIL fully combined.

SPREAD the batter in the pan, levelling it out to the edges.

DIP your fingers in the extra plant milk, to pat and smooth the surface of the batter.

BAKE 25 minutes.

This recipe raises well. The surface should be fairly golden brown and crusty. The top will spring back when gently pressed. A cake tester or knife will come out clean. Leave it in the pan until cool. You can cut and serve it hot from the oven, or after cooling, cut into 12 or 16 sections, and transfer to a container. It keeps well for two days at room temperature in a closed container; to keep longer, cut up and freeze (put pieces of waxed paper between the sections).



# Sassy Cajun Cornbread

Submitted by Tess O'Riva

1 cup yellow cornmeal  
1 tablespoon Cajun seasoning  
1 teaspoon baking soda  
1 cup milk  
1/2 cup vegetable oil  
1 (14 3/4 ounce) can cream style corn  
2 eggs, beaten  
10 ounces mild cheddar cheese, shredded  
2 jalapeños, diced  
1 onion, diced small  
1 green or red bell pepper, diced  
½-1 cup butter (to taste/tolerance)

1. Heat oven to 350 degrees F. Butter the bottom and sides of a 9 x 13-inch baking pan or 15-inch diameter cast iron skillet. (I prefer cast iron.)
2. In a large bowl, combine cornmeal, Cajun seasoning and baking soda. Using a fork, mix well. Add milk, vegetable oil, corn and eggs; mix well. Stir in remaining ingredients, making sure it's evenly mixed.
3. Pour batter into prepared pan, spreading evenly. Bake for 55 minutes.
4. Cover with as much butter as you willing to eat, letting it sit in the pan and soak it up while hot.
5. Let cool for 15 minutes before serving nice and warm.  
There may be a puddle of butter.

You're welcome.

# Southwest Savory Cornbread

a blending of two recipes from "Flavored Breads/  
Recipes from Mark Miller's Coyote Cafe"

Submitted by Susan Lankford

2 ¼ C all-purpose flour  
1 ¾ C yellow cornmeal 1 T baking powder  
1 T salt  
1 T ground cumin  
½ c melted butter  
2 ¼ C buttermilk  
5 egg yolks, lightly beaten  
1 C fresh or frozen com kernels 1 ½ c pine nuts  
2 t cracked black peppercorns (or 1 t ground pepper) ½ c  
chopped fresh cilantro  
¼ chopped fresh sage  
5 egg whites, beaten stiff  
1 lb pepper jack cheese, sliced

Set oven to 375.

Grease one very large or two medium baking pans.

In a heavy skillet add 1 T vegetable or olive oil and corn kernels; heat until lightly browned; set aside; do the same with the pine nuts.

Beat egg whites; set aside.

Blend dry ingredients.

Combine melted butter, buttermilk and egg yolks, and add to dry ingredients (don't overmix).

Stir in corn, peppercorns, cilantro, sage, and 1 C pine nuts (reserving ½ c for garnish).

Fold egg whites into batter.

Pour 1/3 batter into baking dish; smooth with spatula. Cover with sliced cheese. Add another layer of batter and cheese, and a final layer of batter.

Sprinkle the top with the remaining ½ c toasted pine nuts.

Bake at least 25 minutes, depending on pan size and type.

Serve warm.

# **Oklahoma Cornbread**

Submitted by Ann Harlow

First, make your own cornbread mix. Add:

4 ½ cups cornmeal

1 ½ cups flour

1 tbsp salt

5 tbsp baking powder

Mix well and sift.

Measure into sandwich bags with 1 cup per bag. Close each bag with a twist tie.

Decide many packets you would like to use for making your cornbread.

For each packet of mix, add:

1 cup milk

1 large egg

1 ½ tbsp oil

Preheat a medium skillet in the oven set for 400 degrees. Pour batter into the hot pan and bake until a toothpick comes out clean.

The lack of sugar in this recipe makes it a good partner for greens and for beans.

# Tasty Vegan Cornbread

Submitted by Hailey Hibler

2 cups cornmeal  
1 cup unbleached all-purpose flour  
2 tsp baking powder  
1/3 cup canola oil  
2 tbsp maple syrup  
2 cups soy milk  
2 tsp apple cider vinegar  
½ tsp salt

Preheat oven to 350 degrees and line a 9x13 baking pan with parchment paper or spray the bottom lightly with non-stick cooking spray.

In a medium bowl, whisk together the soy milk and the vinegar and set aside.

In a large bowl, sift together the dry ingredients (cornmeal, flour, baking powder, and salt).

Add the oil and maple syrup to the soy milk mixture. Whisk with a wire whisk or a fork until it is foamy and bubbly, about 2 minutes.

Pour the wet ingredients into the dry and mix together using a large wooden spoon or a firm spatula.

Pour batter into the prepared baking pan and bake 30-35 minutes, until a toothpick inserted into the center comes out clean. Slice into squares and serve warm or store in an airtight container.

# Con Queso Cornbread

Submitted by Gerry Keenan

12 Tbl (one and a  
half cubes) sweet butter  
1/3 cup sugar  
4 eggs  
4 oz chopped Ortega mild chillies  
17 oz can creamed corn  
1 Cup grated Jack Cheese  
¼ tsp salt  
1 cup flour  
1 cup cornmeal  
4 tsp baking powder

Cream butter and sugar. Add eggs, one at a time. Add  
peppers, corn, and cheese. Add mixed dry ingredients. Put in  
greased 13 X 9 sq. pan. Pre-heat oven to 350, lower to 300  
when placed in oven. Bake about 45-60 minutes.  
Recipe can be easily cut in half.



# Sylvia's Ozark Cornbread

Submitted by Bob Collins

Mix together:

2 cups of stone ground yellow corn meal (the real stuff—not the self-rising mix)

1 teaspoon of baking soda

1 teaspoon of salt

In a separate container, mix

2 cups of buttermilk (better with real buttermilk, not the stuff you make in a pinch with lemon juice or vinegar in regular milk)

2 eggs

1 tablespoon of olive oil

Preheat the oven to 400 degrees with the cast iron skillet in the oven. When heated, put 1 tablespoon of butter in the heated pan, allowing it to melt but not burning the butter (at least not too much). Combine the wet ingredients with the dry ingredients, stirring until wet and smooth but not overbeating them, and pour the mix into the skillet containing the melted butter. The butter will spread as the mix is poured, imparting a flavor to the margin. Bake 23-27 minutes, until the top has started to brown, and a tooth pick comes out dry in the center. Everything generally cooks from the edge toward the center, with the center finishing last. When done, remove it from the oven and allow everything to cool slightly, about 10 minutes, before slicing.

I tend to look at recipes as a sort of general guide, or beginning. I used to eat a lot of cornbread, but I always thought, while good, something was missing. I was going to submit an entry to a chili cook off awhile back, and while walking down the store aisle, started thinking about that, and, as the entry could include cornbread, decided to try my hand

with the addition of what I thought was missing. My first attempt that night didn't go well. After analysis, I modified my technique, and my cornbread entry won second place.

What was missing? Well, corn for one thing. For the above recipe, I use a small 12 ounce can of yellow whole kernel corn. I also added 1/3 cup of shredded sharp cheddar cheese to the mix. Adding cheese tends to moisten the finished mix, and delays it becoming dry. I also gave the bake an additional 5 minutes after covering the top with a small amount of melted butter sprinkled with more shredded cheese. The additional bulk and liquid take longer to cook. You'll need to let it go another 5 or 10 minutes or so. Check it with the tooth pick before removing it from the oven. The tooth pick should come out the center dry before you stop.

There is some controversy in my family about other additions. I also add a bit of spice by the addition of a can of chopped green chili peppers. This has sort of a mild and musty flavor. I recently diced a jalapeño pepper instead, and found it slightly spicier with what I thought was a better flavor. I've also used a diced onion, or if you are looking for a milder flavor, use a diced cucumber instead. This moistens the finished product, and adds a slight amount of bulk. The mix that won second prize contained corn, cheese, chopped chili peppers and onion with the glaze on top. The additives go in after the initial two mixes are combined before baking. Also, as above, the additional wet ingredients will increase the time required to complete baking.