



Sayra's Cornbread

Bread is an essential part of a Southern meal—perfect for sopping up the “pot liquor” from greens. My mother’s cornbread was not sweet, but you can make it that way if you like.

Mom enjoyed leftover cornbread crumbled in her buttermilk. I freeze the leftovers to use in “Not Fried” Catfish (see page 624), Cornbread Stuffing (see page 631), and other recipes.

YIELDS 1 9-INCH SQUARE OR
10-INCH ROUND PAN OF CORNBREAD

2 eggs

1 cup milk or buttermilk

¼ cup cooking oil

¾ teaspoon salt

¼ cup brown sugar (optional)

4 teaspoons baking powder

*1 cup white or yellow cornmeal
(preferably good quality stone
ground)*

*1 cup unbleached white flour (or half
whole wheat, half white)*

Preheat the oven to 400°.

In a large bowl, beat together the eggs, milk, oil, salt, and brown sugar (if desired) until well blended. Sift in the baking powder and whisk until foamy. Quickly mix in the cornmeal and flour. Beat until the batter is smooth. Pour into an oiled 9-inch square or 10-inch round baking pan. Bake for 20 to 25 minutes, or until a knife inserted in the center comes out clean.