

your **Goodhouse** guide

RECIPES • COOKING • DIET • HOW-TO • LAUGHS • RECALLS • SHOPPING

the perfect corn bread

golden corn bread

Prep 10 minutes

Bake 25 minutes

Makes 8 servings

- 4 tablespoons butter or margarine
- 1½ cups cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- ¼ teaspoon baking soda
- 1¾ cups buttermilk
- 2 large eggs

1. Preheat oven to 450°F. Place butter in 10-inch cast-iron skillet or 9" by 9" metal baking pan; place in oven just until butter melts, 3 to 5 minutes. Tilt skillet to coat.

2. Meanwhile, in large bowl, combine cornmeal, flour, baking powder, salt, and baking soda. In medium bowl, with fork, beat buttermilk and eggs until blended. Add melted butter to

buttermilk mixture, then add buttermilk mixture to flour mixture. Stir just until flour is moistened (batter will be lumpy).

3. Pour batter into prepared skillet. Bake until golden at edges and toothpick inserted in center comes out clean, about 25 minutes. Serve warm.

>> Each serving: About 260 calories, 7 g protein, 35 g carbohydrate, 4 g total fat (4 g saturated), 71 mg cholesterol, 584 mg sodium. ■

