

Modern cookware can't match the quality of cast iron for efficiency and good taste! Going clockwise starting at top left, the cookware includes a muffin pan, skillet, a pan for French bread loaves -- baguette loaves -- (this one is quite rare), and a pan for cornbread sticks.

Cornbread &  
Hot Water Cornbread

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#### CORN BREAD

##### Ingredients:

1 cup corn meal (from a box, or home ground)  
1 cup all purpose wheat flour (commercial, or home ground and sifted)  
1/4 cup granulated sugar  
1 tablespoon baking powder  
1 teaspoon salt  
1 cup milk  
1/3 cup vegetable oil  
1 egg, lightly beaten

COMBINE: cornmeal, flour, sugar, baking powder and salt in medium bowl. Combine milk, oil and egg in small bowl; mix well.

ADD milk mixture to flour mixture; stir just until blended. Pour into greased 8" square pan or cast iron skillet; or for

Muffins, spoon batter into greased muffin cups or corn bread mold.

If you have a sweet tooth, add 1/4 honey, reducing milk to 3/4 cup; or 3 tablespoons sugar.

BAKE in a preheated 400 F oven for 20 to 25 minutes or until wooden pick inserted in the center comes out clean. Serve warm.

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## HOT WATER CORNBREAD

Just put some corn meal in a bowl, add a pinch of salt, and slowly add hot water as you mix meal with your hand until the consistency forms little thin biscuit shapes. Throw them suckers in a hot iron skillet, sizzling with oil, lard or butter, and you've got some good eats, 'specially if you slather some Steen's syrup on top!

Recipe by "The Cajun Queen"

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