

Texas Cornbread

Makes: 8 to 10 servings

1 cup (250 mL) stoneground cornmeal
½ cup (125 mL) whole-wheat flour
1 tbsp (15 mL) baking powder
¾ tsp (4 mL) salt
½ tsp (2 mL) baking soda
1 cup (250 mL) plain yogurt or buttermilk
½ cup (125 mL) low-fat milk
1 tbsp (15 mL) honey
2 large eggs
3 tbsp (50 mL) unsalted butter

1. Preheat the oven to 400 F (200 C).
2. In a large bowl, whisk together the cornmeal, flour, baking powder, salt and baking soda.
3. Beat together the yogurt, milk, honey and eggs in another bowl.
4. Place the butter in a 9-by-9-inch (22-by-22-cm) baking pan or a 9-inch (22-cm) cast iron skillet and place the pan in the oven for 3 or 4 minutes until the butter melts.
5. Remove from the heat, brush the butter over the sides and bottom of the pan and pour any remaining melted butter into the yogurt-and-egg mixture.
6. Stir this together well, then fold the liquid mixture into the dry mixture. Do this quickly with just a few strokes of the a wooden spoon or plastic spatula. Don't worry about lumps – you don't want to overwork the batter.
7. Pour the batter into the warm greased pan, place in the oven, and bake for 30 to 35 minutes, until the top is golden and a toothpick inserted in the centre comes out clean. Let cool in the pan or serve hot.