

Cornbread as made in Virginia --

Marie Jones

White Lilly® White Cornmeal*

1 egg

Buttermilk

Crisco or vegetable oil/corn oil**

*(Do not use cornmeal mix in a box. You can buy cornmeal in 2 pound bags that will make 2-3 Pones of cornbread)

** (To grease cast iron skillet.)

Southern style corn bread **absolutely does not** use Sugar. It's meant to served as Bread with your meal such as beans, pork, corn, greens, roast beef, even southern fried steak or chicken, etc.

Before preparing Batter either pour oil in bottom of skillet, and swirl around until bottom and sided are coated with oil. Or you can get out a small handful of Crisco® and coat bottom and sides of pan. Place on stove burner and melt, getting Pan hot. Or you can place in oven to melt. (This prevents bread from sticking to pan, and make bread cook faster.)

In a mixing bowl add Cornmeal, enough to make batter to fill 8, 9, or 10" Cast iron skillet about half way to top of pan, when combined with egg and buttermilk. (It depends upon how much cornbread you wish to make.)

Cornbread as made in Virginia (continued)--

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Break one egg and stir or whisk together, until just thoroughly mixed. Next, add buttermilk, a little at a time until you get the consistency of thick grainy batter. (If thin as Cake batter it is too thin.)

As soon as batter has been made and skillet is hot, pour batter in skillet. Place in pre-heated to 400° oven. Cook 25-30 minutes. Check to see if done after about 25 minutes. It should be light brown on top. If you stick a toothpick in it, it should not come out wet or sticky. Serve with your favorite butter or margarine, while hot.

If you want a late night snack get a tall glass, cut a slice of cornbread. Crumble up corn bread in Glass. Pour Buttermilk over the corn bread. Take a teaspoon and stir. Then eat using the teaspoon until all the bread is gone. Then drink remaining milk. If you want thicker cornbread, use smaller pan, and pour more mixture in. Must give enough room to rise. The more batter, the more time needed to cook.

(There are no set measurements. Mother learned cooking from her grandmother and Mother. They grew up at a time, when there was no cookbook and you experimented until you got it right, then either remembered it, or took notes on whatever you had.)

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