

SQUASH CORN BREAD

Matrix Code CB304 for StartOver.xyz (revised 30 August 2016 by Clinton Callahan)

Pan: 25 x 35 cm (10 x 15 inches) minimum 6 cm tall (or 2 large cast iron frying pans)

Preheat oven to bake at 190°C (hot)

Serves 10-15 people. Similar to American Corn Bread but with squash added in.

Excellent with Chili Con Soya.

INSTRUCTIONS:

In a large-size bowl mix together these dry ingredients:

- 390 g (3 cups) yellow cornmeal (Maisgries, NOT Maismehl)
- 300 g (2 ¼ cups) all purpose dinkel flour 405 or 200 g flour AND 200 g oat flakes
- 2 1/2 Tablespoons baking powder
- 1 teaspoon salt
- ½ teaspoon ground cinnamon

In a medium-size bowl, beat eggs with oil, syrup and Kurbis, then stir in milk

- 3 large eggs (or 5-6 small eggs) beaten with a fork until yellow
- 3 Tablespoons sunflower oil
- 5 Tablespoons Agaven Syrup
- 500 g cooked mashed winter SQUASH (c. maxima [Hokkaido], NOT c. moschata [not Butternut])
- 650 ml (2 ½ cups) milk

Put at least:

- 4 Tablespoons butter

into the pan, and place the pan into the oven to pre-heat it until the butter is fully melted and bubbly and just beginning to turn brown, about 5-10 minutes.

In these few minutes, pour the liquid ingredients into the dry ingredients and stir with a wooden spoon just until the dry ingredients are moistened! Not longer!

Remove the pan from oven. Tilt it around until the butter coats the bottom of the pan. Quickly pour the batter into the pan and return the pan to the oven.

Bake for 20-25 minutes or until the cornbread is golden around the edges and the top springs back when touched. Serve hot as a side dish for Chile Con Soya or with butter and honey. Mmmmmmmh!

