

AMERICAN CORN BREAD

Matrix Code CB301 for StartOver.xyz (revised 8 December 2018 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)

Makes 10 really giant pieces OR 15 medium sized pieces

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 white flour 405 or 200 g flour AND 200 g oat flakes
- 2 1/2 Tablespoons baking powder
- 1 teaspoon salt

In a medium-size bowl, beat eggs with the oil, the syrup or bananas, then stir in milk

- 3 large eggs
- 3 Tablespoons sunflower oil
- 5 Tablespoons Agaven Syrup OR smash with a fork 2 very ripe small bananas
- 750 ml (3 cups) milk
- (optional) 1 small can of non-GMO sweet corn, drained of all liquids

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.

MIX WET WITH DRY INGREDIENTS

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 with Chile Con Soya, butter and honey. Mmmmmmmm!

