

## INGREDIENTS:

- 2 cups self-rising cornmeal mix
- 2 eggs
- 2 tablespoons vegetable oil
- ¼ cup vegetable oil (for the skillet)
- 1 ¾ cups buttermilk

## INSTRUCTIONS:

1. Preheat oven to 400°F
2. Place ¼ cup oil in the bottom of a 9" cast iron skillet and heat while making the batter.
3. Pour the cornmeal into a bowl and add the oil, egg, and buttermilk.
4. Mix until combined.
5. Pour batter into hot skillet.
6. Bake 25-30 minutes or until golden and set.

Hints: For glass baking dishes, spray with pan spray and do not heat prior to adding batter.  
White corn meal is traditional crispy corn bread.

Notes: Traditional Southern Style cornbread is made white cornmeal. Most southern cooks use self-rising cornmeal such a White Lily. The finished cornbread should be savory and crispy – no sugar is used in this recipe. Add a pat of butter, a drizzle of honey, or a dollop of apple butter, and pair it with chili, fried chicken, fried fish, pork chops, or beans and greens.

- **Self-rising cornmeal mix:** use either white or yellow self-rising cornmeal mix. Many prefer **White Lily brand**. This is *not* plain yellow cornmeal! Instead, self-rising cornmeal mix is a convenient blend of cornmeal, all-purpose flour, leavening agents (like baking soda), and salt.
- **Eggs:** give the cornbread structure and lift. Use two regular eggs or 1 extra-large egg.
- **Buttermilk:** use whole buttermilk for the best flavor and texture. The buttermilk adds moisture to the bread, yields a softer crumb, and provides a slightly tangy flavor and richness. The acid in the buttermilk also activates the leavening agents to help the cornbread rise.
- **Oil/Butter:** for flavor, richness, and a touch of moisture. Try salted butter, but you can substitute with unsalted butter or vegetable oil for a less-salty bread. Remember, the cornmeal mix already includes salt.
- **Vegetable oil or bacon grease:** for coating the hot skillet.