

Southern Cornbread

5th Grade

Ingredients:

- 2 cups self-rising cornmeal mix (not just plain cornmeal)
- 2 eggs
- 2 Tbsp vegetable oil (you may use butter, bacon grease, or lard)
- ¼ cup vegetable oil for the skillet (you may use butter, bacon grease or lard)
- 1 ¾ cup buttermilk or regular milk (if using regular milk, start with just 1 cup and add the rest if necessary)



Directions:

1. Preheat oven to 400° F
2. If you are using cast iron, place the ¼ cup oil in the bottom of a 9" inch skillet and place in your oven while it is preheating. You may also use a 9" square pan or muffin tins (do not preheat them in the oven with the oil. Just use the oil to grease them)
3. In a large bowl mix the cornmeal, oil, egg, and buttermilk.
4. Mix until combined. Take your cast iron skillet out of the oven and drop a small amount of batter into your skillet. If it sizzles immediately, go ahead, and pour the bowl of batter into the skillet being careful not to splash the grease. If using the pan or muffin tins, just pour the batter in.
5. Bake for 25-30 minutes until golden brown and set.

Rules

1. Prepare cornbread using the above recipe.
2. Select three of your best products and put them neatly on a small clean plate made of paper or plastic. (No breakable plates will be accepted).
3. Cover with plastic wrap or aluminum foil.
4. Tape name, grade and teachers name on bottom of plate.
5. Bring to school on _____ . Entries will be accepted in the SCMS library at 8:30 AM CST.

For more information, please contact Dusty Ragland at draglan3@utk.edu or call 423-949-2611.