

Cast Iron Corn Bread

Oscar · 28/09/2024



Prep Time

42 mins

Difficult

Medium

Servings

8

Description

True Southern corn bread crispy unsweetened and dry enough to suck all the moisture out of your mouth Serve hot with butter syrup blackeyed peas you decide

Ingredients

— - 2 eggs - 1 ½ cups milk - 2 ½ cups self-rising white cornmeal - ½ teaspoon salt - 3 tablespoons vegetable oil - 2 tablespoons shortening

Instructions

1. Preheat oven to 450 degrees F (230 degrees C). Whisk eggs together in a large bowl until light and frothy; stir in milk. Stir in cornmeal and salt. Add oil; stir until batter is smooth. Place shortening in a 10-inch cast iron skillet; heat skillet in the preheated oven until shortening is liquefied
2. 2 to 3 minutes. Remove skillet and pour in batter. Return skillet to oven and bake until corn bread is lightly browned
3. 25 to 30 minutes. Remove skillet from oven immediately and cover with wooden cutting board. Use oven mitts to invert skillet and tip corn bread onto cutting board. Cut into 8 wedges. Cook's Notes: If you're not using self-rising cornmeal
4. add about 1 teaspoon baking powder to your recipe. For true Southern taste
5. fry up some bacon in your skillet beforehand and use it instead of the shortening. Do not leave corn bread in skillet after baking
6. or you will have a crumbly
7. broken mess on your hands.