

Southern Cornbread

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

Variations:

Add corn and bell peppers or mild green chilies to the batter.

Add 1 heaping tablespoon of soy sour cream and 1 tablespoon of honey to the batter.

Add some crumbled veggie bacon to the batter.

Note: This can also be prepared in muffin tins; however, please keep in mind that the baking times will vary.

Step 1: Combine the Dry Ingredients

- Vegetable oil spray or 1 tbsp plant-based butter/coconut oil
 - 1 1/2 cups yellow or white whole grain cornmeal
 - 1/2 cup yellow or white whole grain grits
 - 1/2 cup whole wheat pastry flour
 - 2 tablespoons sugar (optional)
 - 1 teaspoon salt
 - 4 teaspoons baking powder
 - 1 tablespoon egg replacer
- Oil or spray an 8×8-inch baking dish or 10-inch cast-iron skillet, then place in an oven, set to 400° F.
- Measure all dry ingredients into a mixing bowl.

Step 2: Combine the Liquid Ingredients

- 1 3/4 cups soy milk
 - 2 tablespoons plant-based butter or coconut oil
 - Hot water to smooth the batter
- Mix all liquid ingredients together.
- Add all at once to dry ingredients.
- Stir, adding enough hot water to make a smooth batter.

Step 3: Baking the Cornbread

Remove the baking dish/skillet from the oven, then add the cornbread batter to the hot dish.

Place back into the oven and bake until done, 25-35 minutes. You will know the cornbread is done when it has risen and it is soft yet firm to the touch.