



## Simple Cornbread

*Makes 6 to 8 servings*

### Ingredients

- A little butter to coat the baking pan
- 1 cup cornmeal-medium grind
- 1 cup unbleached white flour
- 1/2 teaspoon salt
- 2 tablespoons dark brown sugar
- 1 teaspoon baking soda
- 1 cup buttermilk or plain kefir (I always have kefir in my fridge)
- 1 large egg
- 2 tablespoons melted butter

### Instructions

Preheat the oven to 350°F. Butter a 9-inch square baking pan.

In a medium-sized bowl, combine all dry ingredients. It's not necessary to sift, but make sure that the sugar and the baking soda are well distributed.

Beat together buttermilk or kefir, egg, and melted butter. Make a well in the center of the dry ingredients, pour in the wet ingredients, and mix thoroughly with a few quick strokes.

Spread the batter into the prepared pan and bake for 25 to 30 minutes, or until a knife probing the center comes out clean.

PS: If you have any fresh corn, it is always nice to stir about  $\frac{3}{4}$  cup into the raw batter. Honey and butter are great accompaniments, but I prefer pure maple syrup all the way!