

Professor Dan's Cast-Iron Cornbread

Ingredients

3 cups medium-grind cornmeal
1 cup all-purpose flour
1 tablespoon baking powder
2 teaspoons salt
4 or 5 tablespoons of sugar
2 eggs
2 ½ cups milk
2 tablespoons of oil or bacon grease



Directions

1. Preheat oven to 375°F.
2. Put oil or bacon grease in a 12-inch cast-iron skillet and place it in the oven.
3. Whisk together the dry ingredients in a large bowl. Stir in the eggs and milk until well combined.
4. Once the oven and skillet are hot, pour the batter into the center of the skillet.
5. Return the pan to the oven and bake for 40 minutes.
6. If your skillet is well seasoned, the cornbread should slide right out and onto a cutting board where you can cut it easily.

Tips

- Use a hearty, medium-grind cornmeal, like Bob's Red Mill. No powdery stuff!
- I prefer King Arthur unbleached all-purpose flour. Self-rising is for sissies!
- The key is getting a nice crust by pouring the batter into a hot-greased skillet.
- For an 8-inch cast-iron pan, decrease your ingredient measurements by 1/3, use only 1 egg, and bake for 30 minutes.

