

## CHARLESTON CHEESE CORN BREAD

**PREP TIME: 15 minutes**

**COOK TEMPERATURE: 400° F**

**COOK TIME: 25 – 30 minutes**

**SERVES: 8**

### **INGREDIENTS**

$\frac{3}{4}$  cup yellow cornmeal

$\frac{3}{4}$  cup flour

2 teaspoons baking powder

1 teaspoon salt

3 eggs

$\frac{3}{4}$  cup buttermilk

$\frac{3}{4}$  cup chopped corn kernels (fresh, frozen or canned)

$\frac{1}{3}$  cup vegetable oil

$\frac{1}{2}$  cup shredded sharp cheddar cheese for recipe

$\frac{1}{2}$  cup shredded sharp cheddar cheese for topping

2 Tablespoons butter

### **METHOD**

**Preheat** the oven to 400° F.

**In a large** bowl, combine the cornmeal, flour, baking powder, and salt. Stir to mix.

**In a medium** bowl, beat the eggs until blended.

**Stir** the buttermilk, corn, oil and  $\frac{1}{2}$  cup of the cheese into the eggs.

**Put the** butter in an 8-inch or 9-inch ovenproof skillet or heavy cake pan.

**Place** in the oven and heat until the butter is melted.

**Remove** the pan from the oven and swirl the butter around to coat the bottom and sides of the skillet.

**Add** the liquid ingredients to the dry ingredients and mix until just blended.

**Pour** the batter into the hot skillet and sprinkle with the remaining cheese.

**Bake** at 400° F until the bread is golden brown and shrinks slightly from the edges of the pan – about 25-30 minutes.

**Cut into** wedges and serve hot with butter or margarine.

**SOURCE:** *Best of America*, page 76, Carla Capalbo and Lauren Washburn, Anness Publishing Ltd., London, 1999.

Cornbread has been prepared in many iterations for centuries in this country. From early breads made by Native Americans to regional favorites developed as the United States expanded to the gourmet breads with countless additions found in restaurants and homes to day, corn, as a base for a bread, has always been popular. Corn and its products are and have been plentiful and inexpensive. Corn meal in particular is a versatile product with a long shelf life.

This recipe comes from Charleston, South Carolina and can be made with a variety of cheeses, but the cheddar, especially a sharp cheddar, gives this cornbread great flavor. I recommend this cornbread with a hearty bowl of soup or chili, as a side with a chicken entree, or as a compliment to pulled pork or any barbeque dish. Share a picture of your cornbread masterpiece and your family baking with Mrs. Pospisil at [robin.pospisil@japhetschool.org](mailto:robin.pospisil@japhetschool.org). Have fun and enjoy!