

CORNBREAD

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe square cake dish

Wire Whip

Ingredients:

1/3 cup shortening 75 ml

1/2 cup brown sugar 125 ml

1 egg 1

1 cup cornmeal 250 ml

1 cup flour 250 ml

2 tsp baking powder 10 ml

1/4 tsp salt 1 ml

1/2 tsp baking soda 2ml

1 cup buttermilk* 250 ml

Procedure:

1. In a medium bowl, cream shortening and sugar together.
2. Add egg and beat well.
3. Stir in cornmeal.
4. Combine flour with baking powder and salt.
5. Add baking soda to buttermilk.
6. Alternately add flour and milk to creamed mixture, beginning and ending with flour.
7. Stir until just combined.
8. Pour into a greased 8 1/2" (21 cm) square cake dish.
9. Cook at **P3** 6 minutes, then at **P7** 4 - 5 minutes, or until toothpick inserted near center comes out clean.
10. Let stand 10 minutes.

Makes: 9 - 12 pieces

*Equal parts of milk and Sour cream may be substituted.

Chefs Tip:

Breads are funny – always make sure to insert a toothpick or clean wooden skewer to make sure they're done. – you can also add 1 cup of fresh frozen or canned corn kernels to this