Southern Cornbread

Quick · Serves 8

Ken's note: TBD

Thin, crusty and savory, the kind that sizzles when the batter hits a hot cast-iron skillet. Serves 8.

Ingredients

- 4 tsp bacon drippings (or 1 tsp oil plus 1 Tbsp melted butter)
- 1 cup yellow cornmeal, preferably stone-ground
- 2 tsp sugar
- ½ tsp salt
- 1 tsp baking powder
- ¼ tsp baking soda
- ⅓ cup rapidly boiling water
- ¾ cup buttermilk
- 1 large egg, lightly beaten

Method

1. No buttermilk? Put 2¼ tsp white vinegar or lemon juice in a measuring cup, fill to ¾ cup with milk, and let it sit 5 minutes.
2. Heat the oven to 450°F with the rack in the lower-middle position. Put the bacon drippings in an 8-inch cast-iron skillet and set it in the oven to heat.
3. Measure ⅓ cup of the cornmeal into a medium bowl. Whisk the rest of the cornmeal with the sugar, salt, baking powder and soda in a small bowl.
4. Pour the boiling water over the ⅓ cup cornmeal and stir to a stiff mush. Whisk in the buttermilk until smooth, then the egg.
5. Once the oven and skillet are very hot, stir the dry ingredients into the mush until just moistened. Pour the hot fat from the skillet into the batter, stir it in, and quickly pour the batter back into the skillet.
6. Bake until golden brown, about 20 minutes. Turn out onto a rack, cool 5 minutes, and serve right away.
7. No cast iron? Double the recipe and bake it in a lightly buttered 9-inch round or square pan (not preheated) for about 25 minutes.