

Servings: 6-8
Pre-class prep required

CORNBREAD

REQUIRED EQUIPMENT:

- ☐ Pyrex dish or muffin tins
- ☐ glass measuring cup
- ☐ large bowl
- ☐ small bowl
- ☐ teflon muffin tin
- ☐ whisk
- ☐ spatula
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- ☐ spatula

DRY INGREDIENTS:

- ☐ 1 ½ c. flour or **gluten-free all purpose flour OR quinoa or chickpea or spelt* flour (use 1:1)**
- ☐ ⅔ cup cornmeal
- ☐ ½ cup sugar
- ☐ ½ cup corn flour (or increase regular flour to 2 cups)
- ☐ 5 tsp baking powder
- ☐ ½ tsp salt

** No potato starch or oat flour*

INGREDIENTS:

- ☐ 5 tbsp unsalted butter
- ☐ 1 egg beaten
- ☐ 1 ⅓ cup milk
- ☐ 1 ½ cup sharp cheddar cheese grated (OPTIONAL but highly recommend!)
- ☐ ½ jalapeno seeded and finely chopped (OPTIONAL)

PRE-CLASS PREP:

1. *Chop jalapeno if you choose to use it.*
2. *Grate 1 ½ cup cheddar cheese.*
3. *In a large bowl, combine dry ingredients.*

DIRECTIONS:

1. Preheat the oven to 350°.
2. Whisk dry ingredients together, breaking up any lumps.

3. Place butter in a glass measuring cup and melt in the microwave for 30 secs. or until melted but not hot.
4. Spray Pyrex dish or muffin tins generously with non-stick cooking spray.
5. In a smaller bowl combine milk, beaten eggs and cooled butter.
6. Add wet ingredients with cheese into dry ingredients and stir together until mixed and lumps are dissolved. Add jalapeno if desired. Page 1 NOLA Style Cheddar Cornbread
7. Pour batter into a baking container of choice and place on the middle rack of your oven; if you are using a 9 inch Pyrex pie dish, bake for 45 mins.
8. If you are using a teflon muffin tins, lightly spray with Pam and fill muffin cups $\frac{3}{4}$ of the way, place on the middle rack of the oven and bake for 20 minutes
9. Cornbread will be ready when a bamboo skewer inserted into the middle of the cornbread comes out clean.
10. Remove from the oven and let cool
11. If you are using the muffin tins, let the cornbread muffins cool for 5 minutes after removing from the oven, then remove the cornbread muffins from the muffin pan to avoid sweating.
12. Serve warm with butter.

