
Sizzlin` Skillet Cornbread

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 50 minutes

2 tablespoons bacon drippings

2 cups buttermilk

1 large egg

1 3/4 cups self-rising cornmeal mix

Preheat the oven to 450 degrees.

Coat the bottom and sides of a ten-inch cast-iron skillet with the bacon drippings. Heat in the oven for 10 minutes.

In a bowl, whisk together the buttermilk, egg and cornmeal mix. Pour the batter into the hot skillet.

Bake in the preheated oven until lightly browned, about 15 minutes.

Invert the skillet contents onto a wire rack. Cool completely (about 30 minutes).

Bread, Muffins

Per Serving (excluding unknown items): 85 Calories; 6g Fat (63.3% calories from fat); 4g Protein; 4g Carbohydrate; 0g Dietary Fiber; 43mg Cholesterol; 121mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat.