

Texas Style Corn Bread

Jonnie Ashby - Princeton, IN

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Servings: 6

*1 1/4 cups sour milk or
buttermilk*

1 egg

1 1/4 cups corn meal

1/2 cup flour

1 1/2 tablespoons sugar

1/2 teaspoon salt

1 teaspoon baking powder

2 tablespoons bacon fat

Preparation Time: 10 minutes

Bake Time: 30 minutes

In a bowl, sift the corn meal, flour, sugar, salt and baking powder.

In a separate bowl, combine the milk and egg. Add the milk mixture to the corn meal mixture. Beat until well blended.

Preheat the oven to 425 degrees.

Place the bacon fat into a ten-inch iron skillet and heat. Add the fat to the batter. Stir.

Return the skillet to the hot oven so that it remains hot.

Pour the batter into the skillet.

Bake for 25 to 30 minutes.

(Best served with soup, beans or fish.)

Per Serving (excluding unknown items): 102 Calories; 5g Fat (47.0% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 295mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 0 Other Carbohydrates.