
Wallace Station Buttermilk Cornbread

Chef Ouita Michel - Ouita Michel Family Restaurants
www.LafayetteTravel.com

1 tablespoon butter or bacon drippings
1 1/3 cups white or yellow cornmeal
1/2 cup all-purpose flour
1/2 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon iodized salt
1 egg, beaten
1 1/3 cups buttermilk
2 tablespoons butter, melted

Preheat the oven to 350 degrees.

Place a nine-inch cast-iron skillet in the oven to preheat. When the pan is hot, drop in one tablespoon of butter. Swirl around to melt. Return to the oven for 5 minutes.

Meanwhile, mix the batter: In a medium bowl, mix together the cornmeal, flour, baking soda, baking powder and salt. Pour in the liquid ingredients and mix well with a whisk. Carefully remove the hot cast-iron skillet from the oven. Pour the batter into the skillet.

Bake for 20 to 25 minutes.

Cut into twelve wedges and serve immediately with butter.

Yield: 12 wedges

Breads, Muffins

Per Serving (excluding unknown items): 639 Calories; 31g Fat (44.4% calories from fat); 24g Protein; 65g Carbohydrate; 2g Dietary Fiber; 285mg Cholesterol; 1764mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 1/2 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.