

Corn Bread

Reproduced with permission from Food is Our Medicine: Making it Sacred Cookbook
Southern Ontario Aboriginal Diabetes Initiative

INGREDIENTS

- 1 1/4 cup yellow corn meal
- 1 1/4 cup whole wheat flour
- 3 3/4 tablespoons sugar (raw)
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 3 eggs
- 2 cups buttermilk
- 2 1/2 tablespoon butter (melted)



DIRECTIONS

1. Preheat oven to 425° F. Lightly oil 8 x 8 inch pan or muffin tin. Set aside.
2. Mix together dry ingredients in medium bowl; set aside.
3. In a small bowl beat eggs; add buttermilk and melted butter, mixing well.
4. Pour liquid ingredients into dry ingredient. Stir just long enough to get everything wet.
5. Pour batter into pan, or muffin tin filling each cup 3/4 full. Bake for 25-30 minutes for the pan; 20-25 minutes for the muffins, until lightly golden around edges. You can check for doneness by inserting a toothpick. When it comes out clean, it is done.

This recipe is suggested as an early spring recipe because it uses dried corn, an ingredient which would have traditionally been harvested in the fall to get through the winter.

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant