

Aunty Kate's HA HA No Wheat Moon Cornbread



instructions

1. Adjust oven racks to lower-middle and middle position, heat oven to 450°. Then, heat a 10in oven-safe (or iron) skillet on middle rack for 10 minutes. Bake cornmeal on rimmed baking sheets set on lower-middle rack until fragrant and colour begins to deepen slightly. Besides love, this is the secret to delicious cornbread, this should take about 5 minutes.

2. Transfer hot cornmeal to a large bowl and whisk in the buttermilk; set aside. This step is important, as it will take the gritty texture out of the cornbread.

3. Add oil to the hot skillet and continue to bake until oil is just smoking (about 5 minutes). Remove skillet from the oven and add butter, carefully swirling pan until the butter is melted. Take 1 tbsp of the melted mixture out and set aside, pour the rest into the corn meal and buttermilk mixture. Now put the 1 tbsp of melted mixture back into the hot skillet. Whisk baking powder, baking soda, salt and eggs into the cornmeal mixture.

4. Pour cornmeal mixture into the hot skillet and bake until the top begins to crack and the sides are slightly brown, approx 12-16 minutes. Let cool in the pan for 5 minutes, then turn out onto a wire rack.

Serve warm in wedges.

ingredients

- 2 1/4 cups white cornmeal, ground fine
- 2 cups buttermilk
- 2/3 cup honey or maple syrup
- 1/4 cup vegetable oil
- 4 tbsp unsalted butter, cut into pieces
- 1 tsp baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 2 large eggs

What is 'HA HA'?

For those of you who might not be familiar seeing 'HA HA' in the title. It is a term known within the Mohawk Reservation Community to let others know an ingredient that may be considered crucial to the recipe is missing.

No need to worry,
the recipe will still be delicious

Niá:wen to Kate Brant for
sharing the recipe with us!