

Mark Bittman

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Corn Bread

Book:

[How to Cook Everything Vegetarian](#) ^[1]

**Abstract:**

Corn bread is indispensable, especially to a vegetarian diet, where its full flavor and slightly crunchy texture are welcome at any meal. And few dishes deliver so much for so little work

Quick Info:

Makes: About 6 servings

Time: About 45 minutes

Ingredients:

1 1/4 cups buttermilk, milk, or yogurt (or 1 1/4 cups milk plus 1 tablespoon white vinegar; see Step 2), plus more as needed

2 tablespoons butter or extra virgin olive oil

1 1/2 cups medium-grind cornmeal

1/2 cup all-purpose flour

1 1/2 teaspoons baking powder

1 teaspoon salt

1 tablespoon sugar, plus more if you like sweet corn bread

1 egg

1. Preheat the oven to 375°F.

2. If you're using buttermilk, milk, or yogurt, ignore this step. If not, make the soured milk: Warm the milk gently—1 minute in the microwave is sufficient, just enough to take the chill off—and add the vinegar. Let

it rest while you prepare the other ingredients.

3. Put the butter in a medium ovenproof skillet or an 8-inch square baking pan over medium heat; heat until good and hot, about 2 minutes, then turn off the heat. Combine the dry ingredients in a bowl. Mix the egg into the buttermilk. Stir the liquid into the dry ingredients (just enough to combine); if it seems too dry, add another tablespoon or two of buttermilk. Pour the batter into the prepared skillet or pan, smooth out the top if necessary, and put in the oven.

4. Bake about 30 minutes, until the top is lightly browned and the sides have pulled away from the pan; a toothpick inserted into the center will come out clean. Serve hot or warm.

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Links:

[1] <http://content.markbittman.com/books/how-to-cook-everything-vegetarian>