

Blue Corn Cornbread

Ingredients

3/4 cup butter, at room temperature

1 cup sugar

3 extra large eggs

1.5 cups milk

10 oz all purpose flour (about 2 cups)

5 oz blue cornmeal (about 1 cup)

4.5 tsp baking powder

1 tsp sea salt

1 cup corn kernels (optional)

Instructions

1. Preheat oven to 400 degrees F.
2. In a stand mixer fitted with the paddle attachment (or with a hand mixer/by hand), cream the butter and sugar.
3. Next, whisk the eggs and milk in a bowl until blended. In another bowl, sift together the flour, blue cornmeal, baking powder, and salt.
4. Add 1/3 of the flour mixture to the creamed butter and sugar with the mixer on low speed, then 1/2 the egg/milk mixture, then 1/3 of the flour mixture, the last half of the egg/milk mixture, then the rest of the flour mixture, waiting until each installment is absorbed before adding the next. If adding the corn kernels, stir them in with a spatula just before the last installment of flour is incorporated.
5. Pour the cornbread batter into a butter greased 13 x 9 x 2inch baking dish. Bake for 22-25 minutes, until a toothpick inserted into the center comes out clean. Cut your cornbread into squares, and drizzle honey or spread butter onto your cornbread when ready to serve.

Nutrition Information Serves: one 9x13 pan ADJUST SERVINGS

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