



BLUE ZONES PROJECT
by sharecare

RECIPES



POWERED BY:



PISCAH
HEALTH FOUNDATION

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Southern Cornbread

SOUTHERN CORNBREAD IS CRISPY OUTSIDE AND TENDER INSIDE. IN THE APPALACHIAN MOUNTAINS OF NORTH CAROLINA, CORNBREAD IS MADE IN A CAST IRON SKILLET.

Ingredients

- 2 cups self rising cornmeal mix not just plain cornmeal
- 2 eggs or 1 extra large egg
- 2 tablespoons vegetable oil
- 1/4 cup vegetable oil for the skillet if using cast iron
- 1 3/4 cups buttermilk or regular milk Start with 1 cup of liquid if you are using regular milk and add the rest as necessary

Directions

Preheat the oven to 400 degrees.

If you are using a cast iron skillet, place the 1/4 cup oil in the bottom of a 9 inch skillet and place over high heat on your stovetop while you make the batter.

Pour the cornmeal into a bowl and add the oil, egg, and buttermilk.

Mix until combined and drop a small amount into your skillet.

If it sizzles immediately, go ahead and pour in your batter to within 1 inch of the top. If you want a thinner cornbread, just don't pour in as much.

Transfer the skillet from the stove top to the hot oven.

Bake 25-30 minutes or until golden and set.

Notes

If you are not using cast iron, grease your pan with nonstick cooking spray and do not preheat the pan. Bake as directed.