

Pan Fried Cornbread

Ingredients:

- 2 Cups yellow stone ground corn meal (not mix with wheat flour added)
- 2 Eggs
- 1.5 Cups of milk or buttermilk, (substitute almond milk or water to reduce fat)
- 2 Teaspoons of baking powder
- 1 Teaspoon of salt
- 1/2 Teaspoon of baking soda (optional, use only if you use buttermilk)
- 8 Ounces of Mexicorn, small can of corn and peppers (optional)
- 8 Ounces of chopped onions (optional)

Preparation:

Put the corn meal in a large mixing bowl. Add the baking powder, salt and soda (if using). Mix these dry ingredients well. Add your liquid of choice and blend with the dry ingredients. Beat your eggs in a bowl and add them to the batter and blend well.

If you're using any of the optional ingredients, add them to the batter and stir them into the batter. If you're adding chopped onions, I recommend that you put them in a bowl, cover it with wax paper and cook them on high for about 3 minutes or until soft and translucent before adding them to the batter.

Let the batter sit while you prepare a pan. You can use either a regular round skillet or an electric skillet. Turn the skillet on to a medium heat and add some oil to the pan. If you're trying to hold down fat, use a cooking spray. Otherwise, I usually use shortening made from palm oil. See this [discussion on cooking fats](#) on my website and this short [discussion on health considerations in choosing oils](#), also on my website. If you've added oil to the pan and it starts smoking, the heat is too high - cut it back.

The pan is ready when a drop of oil will sizzle when it hits the surface of the hot pan. Use a large cooking spoon to put the batter into the skillet. The batter should spread out and form a circle about 4 inches wide. If you prefer smaller pancakes, use less batter. Let the batter cook until it has begun to form up. You will often see bubbles form on the top surface of the batter when it is beginning to firm up. Test by inserting a spatula under a pancake and lift a little, if batter on the top of the

pancake starts to flow, the pancake isn't ready to turn over. If the pancake is stuck to the pan when you try to insert the spatula, the pan is probably too hot.

You can eat the plain pancakes (no optional ingredients) with butter like any other piece of buttered bread or you can put it on a plate, butter it and add syrup. I prefer sorghum molasses when eating the pancakes this way. If I start out with the intention of making the pancake to eat with syrup, I substitute 1/2 cup of oat flour for 1/2 cup of corn meal in the recipe. If you've put optional ingredients in the batter, you'll probably find it best to eat the pancake like buttered bread.