

GUASTELLO'S VILLAGE MARKET

Cornbread

Serves 6 - 8

Ingredients

1/2 cup unsalted butter
1 cup all-purpose flour
1 cup yellow cornmeal
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon fine sea salt*
2 eggs
1/3 cup honey
1 cup buttermilk, room temperature

Instructions:

Prep the oven and skillet. Heat oven to 400°F. Add the butter to a 9-inch or 10-inch cast iron skillet, then transfer the skillet to the oven.

Brown the butter. While you prepare steps 3 and 4 (below), let the butter melt and simmer in the oven until it is lightly browned and smells toasty, keeping a very close eye on it so that the butter does not accidentally burn. Use an oven mitt to remove the pan from the oven, then carefully swirl the melted butter to coat the edges of the skillet, and pour the browned butter into a separate bowl until ready to use. (Or if you've already reached step 5, you can go ahead and just pour the browned butter directly into the batter after the buttermilk mixture.)

Combine the dry ingredients. Meanwhile, in a large mixing bowl, whisk together the flour, cornmeal, baking powder, baking soda and fine sea salt until combined.

Combine the wet ingredients. In a separate small mixing bowl, whisk together the eggs and honey until evenly combined. Add the buttermilk and whisk until combined.

Finish the batter. Create a well in the center of the dry ingredient bowl and pour the buttermilk mixture into the well. Gently whisk the dry ingredients into the wet ingredients until just combined. Pour the melted butter into the batter and stir until it is just combined, taking care not to over-mix the batter.

Bake. Pour the batter evenly into the cast iron skillet. Bake for 20 to 25 minutes, until a toothpick inserted in the center of the cornbread comes out clean.

Cool. Carefully transfer the skillet to a wire cooling rack and let the cornbread cool for at least 10 minutes. Then slice, serve, and enjoy!

Cook's Notes:

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Fine sea salt: Please note that this recipe uses fine sea salt. If you only have iodized table salt on hand, I recommend using only 1/2 teaspoon.

Basic baking dish instructions: Heat oven to 400°F. Grease an 8-inch or 9-inch square baking dish with cooking spray. Brown the butter in a separate sauté pan (or you can just melt the butter in a pan or in the microwave without browning it) while you complete steps 3 and 4. Then pour the butter into the batter and stir until it is just combined, taking care not to over-mix the batter. Pour the batter into the prepared baking dish and bake for 20 to 25 minutes, until a toothpick inserted in the center of the cornbread comes out clean.

Storage instructions: Leftover cornbread can be stored in an airtight container at room temperature for up to 3 days, refrigerated for up to 5 days, or frozen for up to 3 months. To freeze the cornbread, I recommend wrapping up the individual pieces and then placing them in a sealed freezer-safe food storage container.

Credit: gimmesomeoven.com