Double Corn Cornbread:

Yield: One 20cm (8”) square pan or cast iron skillet
Preparation time: About 20 minutes
Cooking time: 20 - 25 minutes

Ingredients:	Equipment:
• 1 tsp (5mL) vegetable oil, to grease the pan • 1 green onion, chopped or several chives, snipped into small pieces • ½ cup (125mL) grated aged cheddar cheese • ½ cup (125mL) corn kernels (fresh or frozen) • 1 cup (250mL) all purpose flour • 4 tsp (20mL) baking powder • ½ tsp (2mL) salt • 1 cup (250mL) cornmeal • 2 Tbsp (30mL) olive oil or melted butter • 2 Tbsp (30mL) honey • 1 cup (250mL) buttermilk • 2 eggs	• 20cm (8”) square pan or a cast iron skillet • Kitchen scissors • Box grater • Small bowl • Large bowl • Measuring cups and spoons • Whisk • Microwave-safe bowl or a small pot • Liquid measuring cup • Fork • Spatula • Toothpick • Cooling rack

Method:

1. Preheat the oven to 190 C (375 F).
2. Prepare the pan or skillet by rubbing a teaspoon of **oil** all over the bottom and sides.
3. Cut **green onion or chives** and place in a small bowl.
4. Grate the **cheese** and add to the green onions.
5. Measure the **corn** kernels and add to the cheese mixture. Toss the ingredients together. Put aside for now.
6. Measure the **all purpose flour, baking powder, salt** and **cornmeal** into a large bowl. Mix together well with a whisk or fork. Make a well in the centre.
7. Add 2 Tbsp. **olive oil** to a small bowl. If using **butter**, melt the butter in a microwave or on the stove top. If using the microwave, put the butter in a

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microwave-safe bowl and place in the microwave and set the time for 20 seconds at a medium temperature. If the butter is not melted, set the timer for another 20 seconds. If you are using the stove top, place the butter in a small pot and melt over a low heat. Place 2 Tbsp (30mL) melted butter into a small bowl.

8. Add 2 Tbsp (30mL) **honey** to the oil or butter.
9. Add the **milk** to the same bowl and mix with a fork.
10. Crack the **eggs** into the same bowl and mix with a fork.
11. Pour the **oil/milk mixture** into the well of the **flour mixture**. Add the **cheese mixture**. Stir with a spatula *just* until the batter is combined.
12. Pour the batter into the prepared pan.
13. Bake in the 190 C (375 F) oven for 20 - 25 minutes. Check the cornbread is done by sticking a toothpick into the centre of the bread. If the toothpick has batter on it when you pull it out, bake the cornbread a couple of minutes more. If the toothpick comes out clean, the cornbread is done.
14. Cool about 5 minutes on a cooling rack.
15. Serve warm. Cut the cake into squares or wedges if you cooked the cornbread in a skillet. If you do not eat all the cornbread, place in a container when cool so that it doesn't dry out.

Tasty Tips:

- You can add many different ingredients to this recipe to add more flavour. Try adding some of these ingredients: ¼ or ½ jalapeno pepper, deseeded and cut into small cubes, ½ cup grated Monterey Jack cheese, 1 tablespoon fresh thyme, ½ cup chopped pecans, a few pieces of crumbled cooked bacon or ½ cup chopped sun-dried tomatoes.

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