

Cornbread (Johnny Cake--recipe from Hale Farm c1840)

Mix:

1 cup buttermilk or sour milk*
1 1/4 teas. soda
3/4 cup sugar
2 eggs***
1/2 teas. salt.

Add alternately:

1 1/2 cups cornmeal
3/4 cup flour

Add:

7 Tbls. melted shortening or oil**

*use skimmed milk and a teas. vinegar

**use water instead of shortening or oil(to reduce fat if you wish)

***I usually use EggBeaters

Bake in greased 8 or 9 inch pan at 350 for 30 minutes.
I usually check at 25 minutes to keep moisture in bread.