



# CORNBREAD

For Black Americans, cornbread is more than just a tasty food; it represents the creativity, strength, and resilience of their ancestors. During the time of slavery in the American colonies, enslaved people didn’t have much to eat. To make the most of the little they had, enslaved people got creative with their cooking, making cornbread that would fill them up and last longer. They would bake it in a cast-iron skillet until it had crispy edges. This dense, flavorful cornbread was perfect for soaking up thin stews or soups, helping them stretch their meals and stay strong.

## INGREDIENTS

- 2 CUPS OF SELF-RISING CORNMEAL MIX
- 2 EGGS
- 2 TBS VEGETABLE OIL
- 1/4 CUP VEGETABLE OIL FOR SKILLET
- 1 3/4 CUPS BUTTERMILK

## DIRECTIONS

- 1.Preheat the oven to 400 degrees
- 2.If you are using cast iron, place the 1/4 cup oil in the bottom of a 9" skillet and place over high heat on your stovetop while you make the batter
- 3.Pour the cornmeal into a bowl and add the oil, egg, and buttermilk
- 4.Mix until combined and drop a small amount into your skillet
- 5.If it sizzles immediately, go ahead and pour in your batter to within 1 inch of the top.
- 6.Transfer the skillet from the stovetop to the hot oven
- 7.Bake 25-30 minutes or until golden and set



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