

East Coast Grill Corn Bread

- 2 cups all-purpose flour
- 1 cup yellow cornmeal
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon baking powder
- 2 large eggs
- $1\frac{1}{2}$ cups whole milk
- $1\frac{1}{2}$ tablespoons vegetable oil
- $\frac{1}{4}$ cup melted butter
- 2 cups fresh or frozen corn kernels.

1. Preheat oven to 350. Lightly oil a 9-inch cast-iron skillet and put it in the oven to heat up.

2. In a large bowl, sift together the flour, cornmeal, sugar, salt and baking powder. In another bowl, whisk together the eggs, milk and oil. Pour the wet ingredients over the dry ingredients, add the melted butter and the corn and stir together until just mixed.

3. Remove the hot cast-iron pan from the oven and pour into it the batter, then give the pan a smack on the countertop to even it out. Return pan to oven and bake, approximately 1 hour, until the corn bread is browned on top and a toothpick or a thin knife inserted into the top comes out clean.

Serves 6 to 8. Adapted from the East Coast Grill, Cambridge, Mass.

Honey With Red-Pepper Flakes

- $\frac{1}{4}$ cup honey
- Red pepper flakes to taste.

Pour honey into a small bowl and add red-pepper flakes to taste. Drizzle on corn bread or fried chicken. Eat with cheese. Lasts indefinitely. ♦