

Gentry Family Cornbread

This slightly sweet, tender cornbread comes out of the oven with a crispy crust. Grandpa Gentry relies on a proportion of cornmeal to flour that's light on the meal.

INGREDIENTS:

- 1/4 cup butter
 - 1 1/2 cups flour
 - 1/2 cup yellow cornmeal, such as Alber's brand
 - 1 teaspoon salt
 - 1 tablespoon baking powder
 - 1 cup whole milk
 - 2 eggs
 - 1/2 cup sugar
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INSTRUCTIONS:

Preheat oven to 400°.

Put butter into a 10-inch pie pan. If you have a cast-iron skillet, use that instead. It makes the crispest bottom crust for cornbread. Place in the oven to melt butter.

Meanwhile, in a work bowl sift together the flour, cornmeal, salt and baking powder. In a separate bowl, whisk together the milk, eggs and sugar.

Stir wet ingredients into flour mixture until just incorporated. The batter will still be slightly lumpy. Remove the hot pan from the oven with bubbling butter, and pour the melted butter into the batter, leaving about 1/8-inch of butter on the bottom of the pan, about 2 tablespoons.

Immediately stir butter into the batter.

Pour the batter into the hot pan. Bake for 15 minutes, or until golden and a toothpick comes out clean. You may bake the bread a little longer to get a toasty, crunchy top.

Serves 8 to 10

PER SERVING: 200 calories, 5 g protein, 30 g carbohydrate, 7 g fat (4 g saturated), 58 mg cholesterol, 376 mg sodium, 1 g fiber.