

Kate's Blue Cornbread

Recipe by Kate McMillen of Laretta Jean's

Serves 12 | 20 minutes prep + 40 minutes active cooking

Tender and just the right amount of sweet. "This cornbread is my go to anytime I'm considering cornbread," says pie diva Kate McMillen from Laretta Jean's.

8 oz butter

⅔ cup maple syrup

3 cups buttermilk

4 eggs

**2 cups blue cornmeal such as
Ayers Creek's Peace, No War**

1 ⅓ cup all purpose flour

2 tablespoon baking powder

2 teaspoon flakey sea salt

½ teaspoon baking soda

Step 1 Preheat the oven to 375°.

Step 2 Heat a cast iron pan over medium low heat. Add the butter, and let it melt and sizzle (that's the water evaporating) until it starts to foam and you see small clumps of milk solids forming. Stir regularly to keep the solids from burning for about 5 minutes or until the butter is nicely browned (lift out spoonfuls of butter to check the color). Remove from the heat and pour into a heat safe bowl.

Step 3 While the butter cools, in a separate bowl combine the cornmeal, flour, baking powder, salt, and baking soda.

Step 4 Add the maple syrup and buttermilk to the butter (the buttermilk will cool the butter enough to be able to add the eggs without scrambling them); whisk thoroughly, then beat in the eggs.

Step 5 Mix the wet and dry ingredients together, stirring just enough to blend completely. Too much stirring can make the crumb a bit tough.

Step 6 If the cast iron is no longer hot, reheat it for a moment in the oven or on a burner then carefully add the batter to the hot skillet. Bake for about 40 minutes; the cornbread should spring back when pressed.