

Untitled

OVEN CORNBREAD

WHITE LILLY BUTTERMILK SELF RISING CORNMEAL

CAST IRON SKILLET

WARM OVEN TO 425

ADD 1/3 CUP VEG OIL TO THE COLD SKILLET RUB IT ALL AROUND THE SIDES N BOTTOM. PLACE IT IN THE OVEN TO HEAT FOR A FEW MINUTES

IN A MIXING BOWL ADD:

2 CUPS CORN MEAL

1 1/2 CUPS MILK OR BUTTERMILK

2 EGGS

1/4 CUP VEG OIL

1 TSP SUGAR

1 TSP SALT

MIX WELL LET STAND 5MIN SO THE MEAL WILL ABSORB THE MOISTURE

ADD TO HOT SKILLET *MIX WILL SEAR ON THE SIDES AND BOTTOM ENSURING A CRISP OUTSIDE AND WILL NOT STICK ON THE BOTTOM.

BAKE AT 425 FOR 25 TO 30 MIN OR UNTIL GOLDEN BROWN