



# Non-Sourdough Cornbread

- 1 cup cornmeal(120 grams) (See below if using dried fermented corn)
- 3/4 cup all-purpose flour-organic-unbleached (94 grams)
- 2 tablespoons sugar in the raw or organic-unrefined
- 1 tablespoon baking powder (14 grams)
- 1/2 teaspoon salt (3 grams)
- 2 eggs-room temperature, slightly beaten
- 3/4 cup buttermilk (180 grams)
- 1/3 cup melted and cooled butter, Ghee or oil of your choice (76 grams)

## Baking Instructions

1. Hand mix all, just until mixed, in one bowl
2. Don't overbeat, the batter will be lumpy
3. Greased 8-inch pan
4. Bake in a preheated oven 350 degrees
5. Approximately, 25-40 minutes or until lightly brown (don't overbake)
6. The internal temperature should be 185 degrees Fahrenheit

### NOTE:

If using dried fermented corn, I usually use a 1/2 a cup of the dried fermented corn and a 1/2 cup of regular ground cornmeal.



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