

CORNBREAD WITH BLACK PEPPER

1 1/3 cups (325 mL) cornmeal	1 cup (250 mL) milk
1/3 cup (75 mL) flour	1 cup (250 mL) frozen kernel corn, thawed
2 tsp (10 mL) baking powder	3 eggs
1/2 tsp (2 mL) salt	2 tbsp (25 mL) honey
1/2 tsp (2 mL) freshly ground pepper	2 tbsp (25 mL) butter, melted

Combine cornmeal, flour, baking powder, salt and pepper in a bowl. Place milk, corn, eggs, honey and melted butter in a blender; puree until smooth. Pour milk mixture into cornmeal mixture and stir just until combined. Spoon batter into a greased 9x13 inch (23x33 cm) baking pan. Bake at 400°F (200°C) for 15 - 20 minutes or until a cake tester inserted in centre comes out clean. Serve warm. Serves 8 - 10.

MEXICALI CORNBREAD

1 cup (250 mL) flour	1 clove garlic, crushed
1/2 cup (125 mL) cornmeal	1/2 cup (125 mL) frozen kernel corn, thawed
2 tsp (10 mL) baking powder	1/2 cup (125 mL) chopped seeded Roma tomatoes
1/2 tsp (2 mL) salt	1/4 cup (50 mL) thinly sliced green onion
3 eggs	2 tsp (10 mL) finely chopped seeded jalapeno pepper
1/2 cup (125 mL) buttermilk	1/2 cup (125 mL) shredded cheddar cheese
1 tbsp (15 mL) oil	
1 tbsp (15 mL) honey	

Combine flour, cornmeal, baking powder and salt in a bowl. Whisk together eggs, buttermilk, oil, honey and garlic until blended. Pour egg mixture into flour mixture and stir just until combined. Gently fold in corn, tomatoes, green onion and jalapeno pepper. Spoon batter into a greased 8 inch (20 cm) square baking pan. Sprinkle with cheese. Bake at 425°F (220°C) for 22 - 25 minutes or until a cake tester inserted in centre comes out clean. Serve warm. Serves 6 - 8.

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

BEER AND CHEDDAR CORNBREAD

1 cup (250 mL) flour	1/2 cup (125 mL) water
3/4 cup (175 mL) cornmeal	1/4 cup (50 mL) butter, melted
2 1/2 tsp (12 mL) baking powder	2 eggs
1/2 tsp (2 mL) salt	2 tbsp (25 mL) honey
1/2 cup (125 mL) shredded cheddar cheese	1/2 tsp (2 mL) hot pepper sauce
1/2 cup (125 mL) beer	1/3 cup (75 mL) shredded cheddar cheese

Combine flour, cornmeal, baking powder and salt in a bowl. Stir in 1/2 cup (125 mL) cheese. Whisk together next 6 ingredients (beer through hot pepper sauce) until blended. Add beer mixture to flour mixture and stir just until combined. Spoon batter into a greased 9 inch (23 cm) square baking pan. Sprinkle 1/3 cup (75 mL) cheese over top. Bake at 400°F (200°C) for 20 minutes or until a cake tester inserted in centre comes out clean. Serve warm. Serves 6 - 8.

YOGURT CORNBREAD

1 cup (250 mL) cornmeal	1 cup (250 mL) plain yogurt
1/4 cup (50 mL) flour	1/2 cup (125 mL) milk
2 tsp (10 mL) baking powder	1 egg
1/2 tsp (2 mL) salt	1 tbsp (15 mL) honey
1/4 tsp (1 mL) baking soda	

Combine cornmeal, flour, baking powder, salt and baking soda in a bowl. Whisk together yogurt, milk, egg and honey until blended. Add yogurt mixture to cornmeal mixture and stir just until combined. Spoon batter into a greased 8 inch (20 cm) square baking pan. Bake at 425°F (220°C) for 22 - 25 minutes or until a cake tester inserted in centre comes out clean. Serve warm. Serves 6 - 8.

DRIED TOMATO CORNBREAD

1 cup (250 mL) flour	2 tbsp (25 mL) oil
1 cup (250 mL) cornmeal	1 cup (250 mL) frozen kernel corn, thawed
2 tbsp (25 mL) sugar	1/3 cup (75 mL) finely chopped green onions
1 tsp (5 mL) baking soda	1/4 cup (50 mL) chopped drained oil-packed dried tomatoes
3/4 tsp (3 mL) salt	1 tbsp (15 mL) finely chopped seeded jalapeno pepper
3 eggs	
1 cup (250 mL) buttermilk	

Combine flour, cornmeal, sugar, baking soda and salt in a bowl. Whisk together eggs, buttermilk and oil until blended. Pour egg mixture into flour mixture and stir just until combined. Fold in corn, green onions, tomatoes and jalapeno pepper. Spoon batter into a greased 9 inch (23 cm) square baking pan. Bake at 400°F (200°C) for 30 - 35 minutes or until a cake tester inserted in centre comes out clean. Serve warm. Serves 8.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

SAGE CORNBREAD

1 cup (250 mL) flour	1/2 tsp (2 mL) salt
1 cup (250 mL) cornmeal	1 cup (250 mL) buttermilk
2 tbsp (25 mL) packed brown sugar	1/4 cup (50 mL) butter, melted
1 1/2 tsp (7 mL) baking powder	2 eggs, beaten
1 tsp (5 mL) sage, crumbled	Dash hot pepper sauce
1/2 tsp (2 mL) baking soda	

Combine first 7 ingredients (flour through salt) in a bowl. Whisk together buttermilk, melted butter, eggs and hot pepper sauce until well blended. Pour buttermilk mixture into flour mixture and stir just until combined. Spoon batter into a greased 8 inch (20 cm) square baking pan. Bake at 425°F (220°C) for 25 - 30 minutes or until a cake tester inserted in centre comes out clean. Serve warm or at room temperature. Serves 6 - 8.

CURRIED CORNBREAD

1 cup (250 mL) flour	3/4 tsp (3 mL) salt
1 cup (250 mL) cornmeal	2 eggs
2 tbsp (25 mL) sugar	1 cup (250 mL) buttermilk
1 tbsp (15 mL) curry powder	1/4 cup (50 mL) oil
2 tsp (10 mL) baking powder	

Combine first 6 ingredients (flour through salt) in a bowl. Whisk together eggs, buttermilk and oil until well blended. Pour egg mixture into dry ingredients and stir just until combined. Spoon batter into a greased 9 inch (23 cm) square metal pan. Set a brick directly on grid on natural gas barbecue. Place pan on brick. Bake, with lid down, over medium heat for 25 - 30 minutes or until a cake tester inserted in centre comes out clean. Turn pan occasionally to ensure cornbread bakes evenly. Serve warm. Serves 8.