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## CORNBREAD COMFORT; Side dish a welcome addition to barbecue season

You've got your main course set for a weekend barbecue party, but what about sides? Instead of buying a loaf of bread or a bag of dinner rolls, homemade cornbread can be surprisingly quick and easy to make.

Our Grilled Corn and Jalapeno Cornbread uses a cast iron frying pan and the heat from your grill to bake a warm, satisfying side perfect for rounding out a plate already packed with meat and veggies.

For a cheesier alternative, try Buttermilk Cheddar Cornbread. While we tested it with cheddar, you can also try using a cheese of similar texture or up the flavour by choosing a type of cheddar stronger than the typical mild or medium.

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### GRILLED CORN AND JALAPENO CORNBREAD

1 cob of corn, husked  
Canola oil\*  
1 cup all-purpose flour  
1 cup cornmeal  
1/3 cup granulated sugar  
1 tsp salt  
1/2 tsp baking soda  
1 cup buttermilk  
1/2 cup salted butter, melted  
2 large eggs, lightly beaten  
1 tbs finely chopped seeded jalapeno pepper  
1 brick

1. Lightly brush corn with oil.
2. Grill corn over medium heat on natural gas barbecue, turning occasionally, until lightly browned, about 15 - 20 minutes. Remove from heat.
3. When cool enough to handle, slice kernels off cob of corn using a sharp knife. There should be about 1 cup; set aside.



4. Combine flour, cornmeal, sugar, salt and baking soda in a bowl.
5. Whisk together buttermilk, melted butter and eggs in a separate bowl until blended.
6. Add buttermilk mixture to flour mixture and stir just until combined. Fold in corn and jalapeno pepper.
7. Spoon batter into a greased 10 inch cast iron frypan.
8. Place brick on barbecue grid. Set frypan directly on top of brick. With lid down, bake cornbread over medium heat, rotating frypan after 15 minutes, until a cake tester inserted in centre comes out clean, about 30 - 35 minutes. Serve warm. Serves 10.

Cook's Note: If desired, 1 cup thawed frozen kernel corn may be used instead of kernels from a barbecued cob of corn.

As an alternative to using the barbecue, this batter may be spooned into a greased 9 inch square baking pan and baked in an oven at 375°F until a cake tester inserted in centre comes out clean, about 28 - 30 minutes.

Hot peppers cause severe skin and eye irritation. Wear disposable gloves when handling hot peppers and avoid touching any exposed skin.

Nutritional analysis per serving:

241 calories, 11.8 g fat, 4.9 g protein, 30 g carbohydrate, 1.6 g fibre, 425 mg sodium

\*Ingredient not included in nutritional analysis.

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## **BUTTERMILK CHEDDAR CORNBREAD**

- 1 cup (250 mL) flour
- 1 cup (250 mL) cornmeal
- 1/4 cup (50 mL) sugar
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) salt
- 1 cup (250 mL) shredded cheddar cheese
- 1/4 cup (50 mL) finely chopped green onion, optional
- 2 eggs
- 1 cup (250 mL) buttermilk

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1/4 cup (50 mL) butter, melted

Combine first 6 ingredients (flour through salt) in a bowl. Stir in cheese and onion. Whisk together eggs, buttermilk and melted butter until well blended. Pour egg mixture into dry ingredients and stir just until combined. Spoon batter into a greased 8 inch (20 cm) square baking pan. Bake at 400°F (200°C) for 25 - 30 minutes or until a cake tester inserted in centre comes out clean. Serve warm.