

# Custard Cornbread

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**Yield: 4 to 6 servings**

*1 cup cornmeal  
1/2 cup flour  
1 teaspoon baking soda  
1 teaspoon salt  
2 tablespoons sugar  
1 cup buttermilk or sour  
cream  
2 eggs, beaten  
1 cup milk*

Preheat the oven to 350 degrees.

10 minutes before cooking, put a greased eight-inch cast iron skillet in the oven to heat.

In a bowl, sift together the cornmeal, flour, baking soda, salt and sugar. Beat in the buttermilk. Stir in the eggs. You may mix and hold at this point.

Add the milk just before baking, blending quickly. Pour the mix into a hot skillet.

Bake for 35 minutes. The custard will rise to the top during baking.

Serve immediately.

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Per Serving (excluding unknown items): 1127 Calories; 21g Fat (17.0% calories from fat); 39g Protein; 192g Carbohydrate; 12g Dietary Fiber; 457mg Cholesterol; 3655mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.