

Elsies Corn Bread

Elsie Morris - New Bern, NC

Treasure Classics - National LP Gas Association - 1985

Servings: 6

*1 cup self-rising white
medium corn meal
1 teaspoon salt
1 teaspoon sugar
1 teaspoon baking powder
1 tablespoon self-rising flour
1/4 teaspoon baking soda
1/2 stick margarine
1 egg
12 ounces buttermilk*

Preparation Time: 15 minutes

Bake Time: 25 minutes

Preheat the oven to 450 degrees.

In a bowl, sift the corn meal, salt, sugar, baking powder, flour and baking soda.

In a nine-inch cake pan, melt the margarine. Coat the pan with margarine. Pour the excess into the bowl with the corn meal mixture.

Add the egg and buttermilk to the corn meal mixture. Stir well to avoid lumps. Pour into the cake pan.

Bake for 25 minutes in a 450 degree oven until golden brown and the sides come away from the pan.

(This recipe can be frozen and reheated in foil. If you cook it for 20 minutes, it's like spoon bread. Best when served with fish or seafood.)

Per Serving (excluding unknown items): 111 Calories; 9g Fat (71.9% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 666mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.