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# Family Cornbread

*The Essential Southern Living Cookbook*

Preparation Time: 10 minutes

Start to Finish Time: 55 minutes

**3 tablespoons bacon drippings**

**1 large egg**

**1 cup milk**

**1 cup self-rising white cornmeal mix**

**1/2 cup self-rising wheat flour**

Preheat the oven to 500 degrees.

Place the bacon drippings in a ten-inch cast-iron skillet. Heat in the oven for 4 minutes.

Meanwhile, whisk together the egg and milk in a small bowl.

In a medium bowl, whisk together the cornmeal and flour. Gently whisk in the egg mixture.

Remove the skillet from the oven. Carefully pour half of the hot drippings into the batter. (The drippings will sizzle.) Whisk to combine. Pour the batter into the skillet.

Bake until golden brown and the cornbread pulls away from the sides of the skillet, about 15 minutes. Cool for 30 minutes.

Yield: 8 to 10 servings

**Bread, Muffins**

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*Per Serving (excluding unknown items): 579 Calories; 52g Fat (81.9% calories from fat); 14g Protein; 12g Carbohydrate; 0g Dietary Fiber; 285mg Cholesterol; 404mg Sodium. Exchanges: 1 Lean Meat; 1 Non-Fat Milk; 9 1/2 Fat.*