

## Corn Bread (or Muffins) – Goes Great with Calvert Chili recipe

Based of Eric Copage’s Grandmother’s recipe in “Fruits of the Harvest: Recipes to Celebrate Kwanzaa and Other Holidays”

2 tbsp unsalted butter, melted

2 tbsp canola oil

1 tbsp sugar

1 tbsp molasses

1 egg

½ cup non-fat or low-fat buttermilk

½ cup non-fat or 1% milk

1 cup corn meal (preferably stone-ground)

¾ cup all-purpose flour

1 tbsp baking powder

1 tsp baking soda

1/2 – 1 cup of frozen corn or kernels from on ear of corn

Preheat oven to 375 degrees if making muffins or 400 degrees if baking in a pan.

Spray oil into muffin pan (makes 8-10) or 9 inch baking pan

In a large bowl, melt the butter in the microwave for 60-90 seconds. Add all the ingredients up to the milk and whisk. Add the corn meal, flour, baking soda and powder and gently stir with a spoon or spatula. If you stir too much, the corn bread will get tough. Gently mix in the corn. Bake muffins for 14-17 minutes or the pan for 20-25 minutes. You can test with a toothpick or by quick pressure with your finger (the corn bread should bounce back after it is poked). Let it cool for 10 minutes and serve. You can drizzle on a little molasses just before eating.