

SWEET cornbread

ingredients:

- 1 ~~very~~ cup cornmeal (yellow is best)
- 1 cup flour
- 1/4 cup brown sugar
- 1/4 cup granulated sugar
- 2 tsp baking soda
- 3/4 cup sour cream ← 1 tsp salt
- 1/2 cup buttermilk
- 2 eggs
- 3 TBS unsalted butter, melted
+ 1 TBS butter or lard for cast iron
- 2 TBS canola oil
- 1 cup sweet corn, if frozen
defrosted
- 1 TBS sugar + 1 tsp cinnamon

1. Preheat oven to ~~375~~ 425 °F
and place a 10" cast iron skillet
in oven

2. In a med bowl, mix cornmeal,
flour, sugars, baking powder, baking
soda, and salt

3. In separate bowl, whisk together sour cream, buttermilk, eggs, butter, and oil.
4. Pour wet ingredients into the dry. Whisk together until combined. Add corn and mix just until combined.
5. Remove cast iron from oven, add 1 TBS butter or lard into cast iron and swirl around to melt / coat pan. Pour in batter and sprinkle cinnamon sugar on top. Bake for 20 minutes (test by inserting a toothpick. you want it to come out clean!)

Let cool 5-10 minutes then enjoy!!