

Southern Corn Bread

- 1 cup flour
- 4 tablespoons Royal Baking Powder
- ½ teaspoon salt
- 1 cup corn meal
- 1½ cups whole milk
- 4 tablespoons melted butter

Sift flour, baking powder, sugar & salt together. Add 1 cup corn meal. Beat egg in cup and add beaten egg and 1½ cups whole milk to make a batter. Stir well. Add melted shortening and beat until light and thoroughly mixed. Pour into greased shallow pan or greased muffin rings. Bake in hot oven at 425° F for 25 minutes. Cut into squares if cooked in shallow pan.

After my mother-in-law Marjorie Anderson died, Beth and I found this recipe written on the “extra recipes” page in a local cookbook in her cupboard. This was published by the The Episcopal Churchwomen, Church of Ascension, Mt. Sterling, Kentucky.