

Cornbread | Plant-Based

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 50 minutes

Chef's Notes

Variations:

- Sweet Cornbread: Brush with maple syrup while it is cooling.
- Blueberry Cornbread: Mix 1 cup blueberries into the batter
- Savory Cornbread: Mix 1 cup corn kernels, sautéed peppers or onions into the batter. Reduce the maple syrup to 2 tbsp and add an additional tbsp of non-dairy milk.

Skillet Cornbread:

- Oil a cast-iron pan. Preheat the pan in the oven before adding the batter, and bake as directed.
- The sides and bottom of the cornbread will be dark and crusty.

Corn Muffins:

- Makes 10 to 12
- Position a rack in upper third of the oven and preheat to 400°F (200°C). Oil 10 muffin cups or a cornstick pan. Fill each cup 3/4's full. If there are any empty cups, pour water into them to insure even cooking. Bake for 15 to 20 minutes or until the batter is set, the muffins have risen and a tester inserted in center comes out clean or has just a few crumbs attached.

Step 1: Preparing & Baking the Cornbread

- 1 cup fine grind cornmeal
- 1/2 cup whole wheat pastry flour
- 1/2 cup all-purpose flour
- 4 1/2 tsp baking powder
- 1/4 tsp fine sea salt
- 1 cup plus 2 tbsp any non-dairy milk
- 3 tbsp pure maple syrup, Grade A Dark
- 2 tbsp neutral vegetable oil
- 1/2 tsp pure vanilla extract

Preheat oven to 425°F (220°C).

Oil a 9 × 9-inch baking pan or a pan of equivalent volume. If using a cast iron pan, oil it and preheat in the oven before pouring in the batter. This will yield the crispest exterior.

Whisk, measure and sift together the dry ingredients.

Whisk the non-dairy milk, maple syrup, oil and vanilla in a small bowl until well blended. Pour into the dry mixture and whisk only until the batter is barely smooth. The batter should drop off a spoon like heavy pancake batter. Pour into the prepared pan and smooth the top.

Place in the preheated oven and bake for 15 to 18 minutes or until golden brown and a tester inserted into the center comes out clean or with a few moist crumbs.

Cool the pan on a wire rack for 10 minutes before cutting.

Serve with vegan butter, jam or a non-dairy cream. This cornbread makes a good plated 'shortcake.' Simply layer with fresh fruit and your choice of cream and fruit sauce.