



CAST IRON CORNBREAD

INGREDIENTS:

- 170gr AP Flour
- 14gr Yellow Corn Meal
- 14gr Baking Powder
- 56gr Sugar
- 7gr Salt
- 14gr Smoked Bacon Fat
- 28gr Melted Butter

- 2EA Egg Yolks
- 56gr Sour Cream
- 56gr Sweet Corn
- 340gr Whole Milk

FINISHING:

- 50gr Local Honey
- 10gr Chives

METHOD:

- 1. Using a whisk, mix all ingredients together in a bowl except for the milk.
- **2.** Add the milk and mix well until fully combined.
- **3.** Portion into buttered cast iron cocottes and bake at 350F for about 40 minutes or until done.
- 4. Remove from the oven, drizzle with local honey and sprinkle with finely sliced chives.