

Chef Frank Stitt's Southern Corn Bread

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cornbread-recipe-with-self-rising-cornmeal>

Ingredients:

- 2 cups yellow cornmeal self-rising, or substitute 2 cups regular cornmeal plus 1 tsp. baking powder, 1 tsp. baking soda and 3/4 tsp. s...
- 1/2 cup all-purpose flour
- 3/4 cup whole milk
- 3/4 cup buttermilk
- 1/2 cup rendered bacon fat or 7 Tbs. unsalted butter, melted, or scant 1/2 cup vegetable oil, or a mixture
- 1 large egg extra-, lightly beaten
- 2 cups self-rising cornmeal white
- 2 cups self rising flour
- 1 dash salt

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 101 grams
3. Cholesterol: 35 milligrams
4. Fat: 4 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 1 grams
8. Sodium: 1070 milligrams
9. Sugar: 4 grams

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