Custard-Filled Cornbread

Author: Marion Cunningham, from The Breakfast Book

Carolyn T's Main Cookbook

Servings: 12



1 cup all-purpose flour
3/4 cup yellow cornmeal, fine ground is better
1 teaspoon baking powder
1/2 teaspoon baking soda
2 large eggs
3 tablespoons butter, melted
3 tablespoons sugar
1/2 teaspoon salt
2 cups milk
1 1/2 tablespoons white vinegar
1 cup heavy cream

Serving Ideas: Although this came from a breakfast cookbook, I first served it as a bread with a Mexican chopped green salad. If serving this with a savory entree, reduce the sugar to 2 T. rather than the 3 called for.

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 213 Calories; 13g Fat (53.1% calories from fat); 5g Protein; 20g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 251mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Notes: If you're making this to go with dinner, reduce the sugar by half.

Description:

1. Preheat the oven to 350 degrees.
2. Butter an 8-inch square baking dish, and place it in the hot oven while you prepare the batter.
3. Sift or stir together the flour, cornmeal, baking powder and baking soda.
4. In a mixing bowl, beat the eggs and the melted butter until well-blended. Add the sugar, salt, milk and vinegar and beat well. Stir the dry ingredients into the egg mixture just until the batter is smooth and there are no lumps.
5. Pour the batter into the heated baking dish. Pour the heavy cream into the center of the batter. Do not stir. Check the cornbread after 45 minutes. It is done when the top becomes lightly browned. Serve warm.