Honey-Glazed Spago Corn Bread (Cake)

Author: From "Desserts By the Yard" by Sherry Yard, via Foodgal blog 7/09

Internet Address: http://www.foodgal.com/2009/07/a-corn-bread-star/



CAKE:
1 cup yellow cornmeal
1 cup all-purpose flour
1/4 cup cake flour
1 cup sugar
2 tablespoons baking powder
1 1/2 teaspoons salt
4 large eggs, at room temperature
3 ounces unsalted butter (3/4 stick)
1/3 cup vegetable oil
1 cup milk
1/2 cup buttermilk
GLAZE:
3 ounces unsalted butter (3/4 stick)
1/4 cup honey
1/3 cup water

Per Serving (excluding unknown items): 372 Calories; 20g Fat (48.4% calories from fat); 5g Protein; 43g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 557mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com

Description: Although it sounds like a side-bread, this is actually a dessert.

Notes: Per Foodgal's blog: "If only there was an Academy Award for "best corn bread." Hands down, this would be the one." You can sprinkle the top with powdered sugar to give the cake squares a little different look.

1. Place a rack in the middle of the oven and preheat the oven to 350 degrees. Line a 9-by13-inch baking pan with aluminum foil and spray foil with baker's spray.
2. Sift together cornmeal, all-purpose flour, cake flour, sugar, baking powder, and salt 2 times. Set aside.
3. In a medium bowl, whisk together eggs. Melt butter and immediately whisk into eggs in a slow stream. Whisk in oil, milk, and buttermilk. Whisk in dry ingredients just until combined.
4. Scrape batter into the pan and bake for 30 minutes. Rotate pan from front to back and continue to bake for 10 minutes, or until a tester inserted in the center comes out clean.
5. To make the glaze: While corn bread is baking, melt butter in a medium saucepan. Add honey and water, and whisk until blended.
6. When corn bread is done, remove from oven and poke holes all over the bread, about 1/2 inch apart, with a toothpick. Brush with the glaze and allow to cool.