

## Vermont Maple-Sweetened Cornbread

**Vegetable oil cooking spray**  
**1 cup unbleached white flour**  
**1 cup stone-ground yellow corn meal**  
**1 tablespoon baking powder**  
**1/2 teaspoon Salt**  
**2 eggs**  
**1/3 cup pure maple syrup**  
**2/3 cup milk**  
**1/3 cup melted butter or mild vegetable oil**

Preheat the oven to 400 degrees. Spray an 8-inch square pan with oil and set aside.

Sift together the flour, cornmeal, baking powder and salt into a medium bowl.

Break the eggs into a smaller bowl and whisk them well. Whisk in the maple syrup, milk and melted butter or oil. Pour the wet ingredients into the dry and combine them quickly, using as few strokes as possible.

Scrape the batter into the prepared pan and bake until golden brown, 20 minutes. Makes 9 squares.

*"The Cornbread Gospels" by Crescent Dragonwagon*

## Nora's Memaw's Alabama Cornbread

**Vegetable oil cooking spray**  
**1 cup stone-ground white corn meal**  
**1/2 cup unbleached white flour**  
**1 1/2 teaspoons baking powder**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1 1/2 teaspoons sugar**  
**1 cup milk**  
**1/2 cup buttermilk**  
**1 egg**  
**1/4 cup mild vegetable oil**  
**Butter, for serving (optional)**

Preheat the oven to 450 degrees. Spray a 10-by-16-inch baking dish ("Memaw always used glass") with oil.

Combine the dry ingredients in a large bowl, whisking or stirring well to mix.

In a small bowl, beat together the milk, buttermilk, egg and oil. Add the wet mixture to the dry, using the absolute minimum number of strokes needed to moisten dry with wet.

Transfer the batter to the prepared baking dish and bake it until the top of the corn bread is golden brown and springs back when touched, about 20 minutes. If it's not nicely brown after 20 minutes, transfer it to the top rack of the oven and give it 5 more minutes. Serve, hot from the pan if possible, with butter. Makes 6 thin squares.

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