

Old Fashioned Buttermilk Cornbread

Mix the following:

1 cup stone ground cornmeal

1 tsp baking powder

½ teaspoon baking soda

1 teaspoon salt

½ cup flour

1 cup buttermilk

1 egg

In a medium size iron skillet, heat 2 tsp oil to season skillet and pour batter above into skillet.

Bake at 400° until done (lightly brown on top).

Gloria Dallas

Buttermilk Cornbread using Stone Ground Cornmeal

Mix together thoroughly:

1 cup stone ground cornmeal

½ teaspoon salt

½ teaspoon soda

1 teaspoon baking powder

Beat 1 egg and mix in 1 cup buttermilk. Mix thoroughly.

Grease a medium size cast iron skillet with non-hydrogenated all vegetable shortening

Mix dry ingredients together with milk and egg and pour into prepared skillet.

Put into oven and turn oven temperature to 450 degrees.

Bake about 15 minutes until top is slightly turning brown.

Turn out onto a wire rack to keep bread from “sweating” until ready to serve.

Rita Rector

Old Fashioned Buttermilk Cornbread

Preheat the oven to 400 degrees.

Cover the bottom of a 7 x 9 inch glass casserole dish with 1/8 inch cooking oil. Use a brush to coat the sides of the dish with the oil and heat the oil in the oven.

Mix the following:

¼ teaspoon baking soda

½ teaspoon salt

½ teaspoon baking powder

1 cup stone ground cornmeal

1 cup buttermilk

1 egg

Pour the cornmeal batter into the hot oil in the casserole dish and mix.

Bake for about 15 minutes.

This recipe can be doubled and cooked in a 9 x 11 glass casserole dish.

Gerald Nutt

Old Fashioned Buttermilk Cornbread *with flour*

Preheat the oven to 400 degrees.

Cover the bottom of a medium size cast iron cooking pan with 1/8 inch cooking oil and heat the oil in the oven.

Mix the following:

¼ teaspoon baking soda

½ teaspoon salt

½ teaspoon baking powder

1 cup stone ground cornmeal

¼ cup all purpose flour

1 cup buttermilk

1 egg

Pour the hot oil into the ingredients and mix.

Pour the batter back into the cooking pan and bake for about 15 minutes.

Turn the oven to broil and brown the top of the bread.

Jackie Taylor

Old Fashioned Buttermilk Cornbread *without flour*

Preheat the oven to 400 degrees.

Cover the bottom of a medium size cast iron cooking pan with 1/8 inch cooking oil and heat the oil in the oven.

Mix the following:

¼ teaspoon baking soda

½ teaspoon salt

½ teaspoon baking powder

1 cup stone ground cornmeal

1 cup buttermilk

1 egg

Pour the hot oil into the ingredients and mix.

Pour the batter back into the cooking pan and bake for about 15 minutes.

Turn the oven to broil and brown the top of the bread.

Jackie Taylor

Crusty Cornbread

Combine following dry ingredients:

1 cup stone ground cornmeal

½cup all purpose flour

1 tablespoon sugar

1 tablespoon baking powder

½tsp baking soda

½tsp salt

Add 1 egg (beaten) and 1 cup buttermilk and stir until smooth.

Place ¼cup shortening into an 8" cast iron skillet in a 425° oven for 5 minutes.

Remove skillet from oven and pour hot shortening into batter. Mix well and pour back into skillet.

Bake at 425° for 25 minutes or until golden brown.

Patsy Harper

Garlic Grit Casserole

Cook 1 cup stone grits as directed on package.

While hot add:

½ stick butter

¾ lb grated sharp cheddar cheese

3 egg yolks, mixed with small amount whole milk (Pet milk)

1½ tablespoons Worscheshire sauce and 1 clove garlic, crushed.

Tabasco sauce to taste (generous dash).

Cool mixture and fold in 3 egg whites, stiffly beaten.

Pour into a greased casserole dish and sprinkle grated cheese on top.

Bake 30 minutes at 400°.

Patsy Harper

**For more information
about the Howard
County Farmers' Market
or how to become a
market vendor,**

contact Market Managers:

**Debra Bolding
(870) 557-2352**

**Glenda Rice
(870) 845-8859**

**or pick up an application
packet at:**

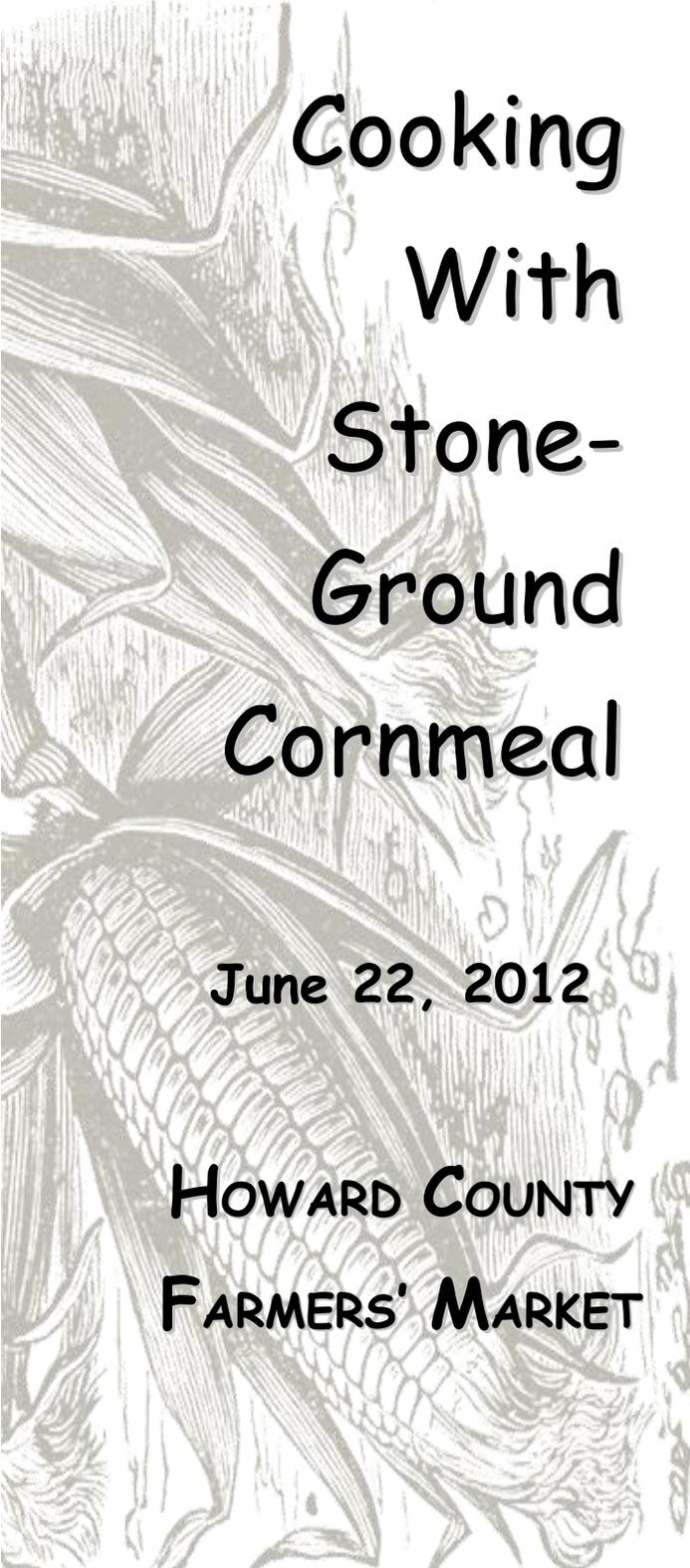
**Nashville Chamber of
Commerce**

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(870) 845-1262

Visit the Farmers Market page
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Cooking With Stone- Ground Cornmeal

June 22, 2012

**HOWARD COUNTY
FARMERS' MARKET**