

Hot Water Cornbread

Recipe by Edible Garden Chef Pamela Askerneese

Ingredients

2 cups stone-ground cornmeal or masarepa (Colombian style precooked cornmeal)

1-3 tsp granulated sugar

1-2 tsp kosher or sea salt

1/2 tsp baking powder

2 tsp soft or melted lard or butter

1-1 1/2 cups boiling water

oil for frying

Optional additions: diced green onion, diced hot or sweet peppers, fresh corn kernels

Method

In a large heatproof bowl, add cornmeal, sugar, salt, and baking powder, and whisk until combined. Add in the softened or melted bacon grease or melted butter and slowly pour in the boiling water, stirring constantly until a thick, pasty batter forms. Don't pour all of it in. Start around 3/4 of a cup and continue until hydrated but still thickened. Let the mixture rest for about 3 minutes so everything hydrates well. Add about a 1/2 inch of oil to a cast iron skillet and heat over medium heat. Either scoop batter using a cookie scoop or shape into patties and add to hot oil. Fry 2-3 minutes each side or until golden brown with crisp edges. Drain on paper towels and serve hot. They can be served with butter and honey, or as is, ready to absorb drippings or gravy.



ATLANTA BOTANICAL GARDEN