

Gluten Free Habit

OLD-FASHIONED NORTHERN-STYLE BUTTERMILK CORNBREAD (GLUTEN FREE)



This Northern-style cornbread is so delicious and easy to make! It goes perfectly with Thanksgiving and Christmas dinners or just chili and cornbread night. Quick, easy, moist, and tasty. Make as muffins or in an 8x8 pan.

Makes: 12 cupcake-sized muffins or one 8x8 pan

INGREDIENTS:

½ cup butter	3 tsp. baking powder	1 tsp. xanthan gum
2/3 cup granulated sugar	1 cup cornmeal	½ cup milk
2 large eggs	1 ¼ cup gluten free flour mix	
1 cup buttermilk	(see below)	
1 tsp. baking soda	½ tsp. salt	

GETTING READY:

1. Prepare gluten free flour mix if needed (see below).
2. Preheat oven to 375°.
3. Spray 8x8 baking dish with cooking spray or put paper liners into cupcake tray.

LET'S GET STARTED:

1. In a medium-sized mixing bowl, whisk together all dry ingredients including: gluten free flour, cornmeal, baking soda, baking powder, salt, and xanthan gum. Set aside.
2. In a medium-sized saucepan melt butter on low heat. Remove from heat when melted.
3. Stir in sugar. Set aside to cool for 10 minutes or so. (It should be cool enough that the eggs won't cook when you add them in!)
4. Into the cooled butter/sugar mixture, add eggs, and mix well. Stir in milk and buttermilk.
5. Pour this wet mixture into the dry mixture. Stir thoroughly.
6. Pour into baking dish or cupcake tray.
7. Bake immediately (15 minutes for muffins, 25-30 for 8x8 pan). Because all ovens are different, be sure to keep an eye on the cornbread and only bake until toothpick comes out clean.
8. Serve warm with butter.

THE GLUTEN FREE FLOUR MIX: (whisk together all ingredients and store in air-tight container)

- 2 cups white rice flour
- 2/3 cup cornstarch
- 1/3 cup tapioca flour