

Betty's Onion and Cheddar Cheese Cornbread Sticks Recipe



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In this video, Betty makes delicious Onion and Cheddar Cheese Cornbread Sticks (which can also be made into cornbread or muffins). They are great for accompanying a hearty stew or soup—or Hoppin' John on New Years Day!

Ingredients:

- 1 tablespoon butter or margarine
- ¼ cup chopped onion
- 1 cup self-rising flour
- 1 ½ cups self-rising cornmeal mix
- 2 eggs
- 1 ¼ cups milk
- ½ cup finely shredded sharp Cheddar cheese
- peanut oil for greasing the pan

In a small skillet, melt 1 tablespoon butter. Add ¼ cup chopped onion, and sauté until clear. Combine 1 cup self-rising flour, 1 ½ cups self-rising cornmeal mix, 2 eggs, and 1 ¼ cups milk in a large mixing bowl. Stir in sautéed onion and ½ cup shredded sharp Cheddar cheese. Stir, just until blended. Grease a cornstick pan (or 9' square pan for cornbread or a dozen muffin tins for muffins) with peanut oil, and place in an oven which has been preheated to 450 degrees to get the pan hot. When the cornstick pan is hot (not smoking), pour (or spoon) batter into pan, filling each about 3/4 of the way full. Bake at 450 degrees for about 7 or 8 minutes. You may need to turn your oven to "broil" to brown the tops, once the bottoms become brown. Be sure to check on the cornsticks often as they bake. When done to your taste, remove from the oven and serve immediately with fresh butter and a hearty soup or stew! This is also a terrific accompaniment to Hoppin' John on New Years Day! Happy New Year! Love, Betty