

Betty's Very Southern Cornsticks or Cornbread Recipe



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In this video, Betty makes her delicious Southern cornsticks (which can also be made into cornbread). Hot out of the oven, with a little butter, they're great!

Ingredients:

1/2 cup self-rising flour
1 cup self-rising cornmeal mix
1 egg
1 1/4 cups milk
peanut oil for greasing the pan

Combine the flour, cornmeal mix, egg, and milk in a medium to large mixing bowl. Grease a cornstick pan (or 8' square pan for cornbread) with peanut oil, and place it in an oven which has been preheated to 450 degrees to get the pan hot. Pour batter into cornstick 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! Delicious!!!