



HOT WATER CORNBREAD

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Makes 8 patties
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Prep Time: 10 minutes

Cook Time: 5 minutes

INGREDIENTS

- 1 c fine ground cornmeal (preferably yellow)
- 1/2 t salt
- 1/2 c boiling water (estimate)
- 2 T butter*
- 1/4 c oil

BONUS:

Easy Honey Butter

- 4 T butter (room temp)*
- 1 t powdered sugar*
- 1 t honey*

INSTRUCTIONS

- In a medium bowl, whisk cornmeal and salt.
 - Heat water (about 1/2-1 c, amount may vary). Stir in boiling water a little at a time, stirring after each addition (must be boiling hot) until a dough has formed that can hold its shape.
 - Once your dough has formed, stir in melted butter. Let dough rest for about 5-10 mins.
 - Add oil to skillet and heat. When oil is hot, shape the cornmeal dough into palm-sized patties (about 1/2 in thick) and place in hot oil.
 - Fry in hot oil for about 3 mins or until golden brown on each side (cooking time will vary depending on thickness of patties). Then remove from oil and let drain on a paper towel lined plate/tray.
- * OPTIONAL: For honey butter, combine all ingredients until creamy.
* ADDITIONAL: You can also add other spices, seasonings, and even vegetables to your mixture before frying.

Hot water cornbread is typically found in the south and has become a staple in Southern African American homes. However, the origins go back to the native people of the Americas, who commonly used ground corn for several dishes. Part of its popularity comes from the fact that it can be made with just three ingredients, and it is very easy to modify the recipe to adapt to any meal.

RECIPE CREDIT: divascancook.com/hot-water-cornbread-recipe/

PHOTO CREDIT: simplyhomecooked.com/southern-hot-water-cornbread/

Ingredients marked with an asterisk (*) are not commonly found in the food bank. This shows us how so many cultures are unable to cook their native foods the way they usually would.

**northwest
HARVEST**