

Recipes from Wayfaring Traveler.com

Cornbread Recipe, Gluten-Free

Preheat oven to 400 degrees.

Wet Ingredients, whisk together:

1-2 organic eggs (2 if small)

1/3 c. organic cold-pressed oil: safflower, sesame or olive

slosh of organic molasses

1.5 c. yoghurt, kefir or buttermilk

Dry Ingredients:

1.5 c. organic cornmeal, Hopi blue or yellow

1/2 c. organic quinoa or rice flour

2 Tbs. brewer's yeast (Lewis Labs, for gluten-free)

2 t. baking powder (Hains, for gluten-free)

1/2 t. baking soda

1 t. xanthan gum (used in place of wheat gluten)

1/4 c. organic pumpkin seeds

Stir dry ingredients together and spoon briefly into wet ingredients; let sit a moment. Put 10 inch cast iron skillet into hot oven. Wait a minute or two, and toss in ~1 inch chunk of butter. It will melt quickly. Bring skillet out of oven. Pour in cornbread batter. It will smell hearty and good, for a crispy crust. Sprinkle toasted sunnies on top. Bake ~30 minutes.

As I'm one of those annoying improv-cooks, without precision measuring to report, take these as general guidelines (and generally dee-lish!)