



AWESOME CORNBREAD AND MAPLE BUTTER

www.thesheepareout.com

Baking the cornbread in a preheated pan gives it deliciously crispy edges. I've added some sneaky nutritious punches with whole grains and chia meal, but if you can use standard flour if don't have these ingredients. I have to say that the star of the show is the "where have you been all my life" maple butter. I've found myself looking for excuses for making this cornbread, just so that I can also make the maple butter.

CORNBREAD INGREDIENTS:

1 ¼ cups yellow cornmeal	1 tsp. salt
¼ cup brown sugar	1 cup milk (cow, almond, soy, coconut...)
¼ cup chia meal (see note)	2 eggs
¾ cup whole wheat or spelt flour	¼ cup olive oil
1 ½ tsp. baking powder	½ cup softened margarine or butter
½ tsp. baking soda	2 tbsp. maple syrup (the real thing, please)

DIRECTIONS:

1. Preheat your oven to 350°. Grease an 8-inch cast iron pan or baking pan with butter, margarine or coconut oil, and place the pan in the oven to heat while you make the batter. Preheating the seasoned pan is what gives the bread an awesome crispy crust.
2. In a large bowl combine the cornmeal, chia meal, flour, baking powder, baking soda and salt. Whisk the ingredients together to make sure they are well incorporated.
3. In a small bowl or large measuring cup combine the milk, eggs and olive oil. Gently beat the eggs to start combining things.
4. Pour the wet ingredients into the dry ingredients and stir until they are just combined. Do not over mix, or this will give you tough cornbread.
5. Carefully pull the prepared hot pan out of the oven and pour the batter into the pan. Gently smooth the top, and return the pan to the oven.
6. Bake for 25-30 minutes, or until a toothpick inserted into the center of the bread comes out dry.
7. Meanwhile, in a small bowl, combine the softened butter or margarine with the maple syrup. If you over soften the butter, don't worry. Just mix it all together and stick it in the freezer or refrigerator to firm up a bit. You can also add a bit more syrup for a sweeter flavor, if you like. Transfer the maple butter to a small serving bowl.
8. Once the cornbread is fully baked, remove it from the oven and allow it to cool for about 10-15 minutes. Then slice the cornbread and serve it with the maple butter. I love serving the cornbread in the cast iron skillet right on the table alongside a small crock of the maple butter. Enjoy!

***Note:** Chia seeds lose their awesome oils quickly once ground, so try not to buy them pre-ground as chia meal. Make your own chia meal by blitzing up chia seeds in a coffee grinder or food processor. You can also do the same with flax seeds, or make oat flour by blitzing up whole oats (not instant, please). Store any extra chia meal in the freezer to keep it fresh.*