

heat skillet & oil first

(must use IRON
skillet!)

Corn Bread

1 1/2 cup corn meal

Stone ground yellow corn

1 heaping tablespoon flour

2 tablespoon sugar

1 teaspoon salt

1/2 teaspoon baking soda, ~~1~~^{1/2} baking powder

1/2 cup Buttermilk

1 tablespoon oil or bacon grease

1 egg

Bake @ 400° til done, 1/2 hr in
crushed rosemary leaves // small black skillet

must use
iron skillet