Cornbread

INGREDIENTS

1 cup all-purpose flour
3/4 cup yellow cornmeal
2 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon salt

1 cup buttermilk*
1/4 cup melted butter, cooled until tepid
plus 1/2 tablespoon to grease pan
1 large egg
2 tablespoons honey

DIRECTIONS

1. Preheat oven to 400°F.

2. In a cast iron skillet, melt all the butter over medium heat on the stove. Once melted, remove from heat and allow to cool.

3. In a medium bowl, mix together the flour, cornmeal, baking powder, baking soda, and salt, until there are no lumps.

4. In a separate bowl, mix together the buttermilk, melted butter, egg and honey.

5. Make a well in the center of the dry ingredients, then mix in the wet ingredients. Stir just until dry ingredients are moistened - don't overmix.

6. Spread remaining melted butter around the skillet and pour in batter.

7. Bake the cornbread until the center feels just about set; 10-12 minutes in a cast iron skillet, 15-18 in a baking pan.

* If you don't have buttermilk, you can make your own by mixing together 1 cup of milk and 1 tablespoon of lemon juice or vinegar. Allow mixture to sit 10 minutes, then use.