



Kentucky Cornbread

Ingredients:

- 1 1/2 cup corn meal
- 3 tsp. baking powder
- 1 tsp. salt
- OR use 1 1/2 cup self-rising corn meal instead of above
- 1/2 cup vegetable oil or butter
- 2 large eggs
- 1 cup sour cream
- 1/4 cup water
- 1 cup (1 small can) cream style corn
- 8 oz. grated cheddar cheese

Directions:

1. Preheat oven to 400 degrees.
2. Mix all ingredients in a medium sized bowl except cheese.
3. Pour half of the batter into a 9 x 13 inch glass or Pyrex baking dish.
4. Sprinkle with cheese.
5. Add remaining batter.
6. Bake for 30 minutes.

Alternate preparation methods:

1. If you want to use a cast iron skillet, place the oil in the bottom of the skillet, then fill with half the batter, cheese, and remaining batter. Cook on a stove top for just a few minutes until a few bubbles come up through the batter, then put in oven to bake.
2. If you like sweeter corn bread, skip the cheese and add a 1/2 cup of sugar or desired amount of a sugar substitute.
3. For a heartier corn bread, consider adding 2 extra eggs, spinach or broccoli (10 oz. thawed and well drained), onion, ham and bacon.

Kentucky Corn Facts

- ❖ Corn is one of Kentucky's leading cash crops and adds significant value to the economy. The economic impact of Kentucky corn is more than \$1 Billion.
- ❖ 7,000 farmers across the commonwealth earn income directly from corn production, and an additional 20,000 jobs are supported by Kentucky's corn farmers.



- ❖ The top markets for Kentucky corn are livestock feed (poultry alone consume about 25% of the corn crop), food products, distilled spirits, and fuel ethanol. Kentucky corn is also exported for use in other states and around the world.
- ❖ Kentucky's corn farmers produce many speciality corn varieties for customers' needs.
- ❖ Kentucky's corn farmers are producing twice as much corn as they did in the early 1900s—on two-third's less land.
- ❖ Thanks to innovative technologies and production methods, corn farmers have cut soil erosion by 67% and reduced the energy needed to grow a bushel of corn by 43%. Greenhouse gas emissions have been reduced by 36%.

Learn more about how Kentucky's family corn farmers are providing food, feed, and fuel for a growing world:

www.kycorn.org

Facebook: [KyCornKySGGA](https://www.facebook.com/KyCornKySGGA) Twitter: [@TheRealKyCorn](https://twitter.com/TheRealKyCorn)