

CORN BREAD (Colonial America)

(Source: Better Homes and Gardens New Cook Book, 1981, p. 86.)

- 1 c. flour
- 1 c. yellow cornmeal
- 1/4 c. sugar
- 1 Tbsp. plus 1 tsp. baking powder
- 3/4 tsp. salt
- 2 eggs
- 1 c. milk
- 1/4 c. vegetable oil or melted shortening

Preheat oven to 425°F. Stir together flour, cornmeal, sugar, baking powder, and salt. Add eggs, milk and oil or melted shortening. Beat just until smooth (do not over beat). Turn into a greased 9x9x2-inch baking pan. Bake 20 minutes.

Yield: 9 servings

BLUEBERRY MUFFINS (New England States)

(Source: Guide to Good Food, 1979, p. 580)

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| 2 c. flour | 1 egg |
| 1 Tbsp. baking powder | 1 c. milk |
| 1/4 c. sugar | 1 c. blueberries |
| 1/2 tsp. salt | |
| 1/4 c. shortening | |

Preheat oven to 400°F. Sift dry ingredients together in a mixing bowl. Melt shortening; cool. Beat egg and combine with milk. Add cooled shortening to egg/milk mixture. Add liquid ingredients to dry ingredients all at once. Stir only until blended (Batter should still be lumpy). Rinse and drain blueberries. *Gently* fold in blueberries. Fill greased or paper-lined muffin pans **2/3** full of batter. Bake muffins 20 minutes or until brown.

Yield: 12 muffins