

GLUTEN-FREE DOORWAY

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'Gluten-Free Cornbread'

Preheat oven to 425-degrees. Put 3 Tablespoons extra light olive oil in a 10-inch cast iron skillet and place in hot oven approximately five minutes before ready to pour batter into skillet.

Step 1. Place the following ingredients into your food processor and mix together for about one minute so the cornmeal will be less coarse. If you don't have a food processor, use an electric mixer:

1-1/4 cups 100% cornmeal (Hodgens brand can be found at Super Walmart, Kroger, & most large chain grocery stores.)
3/4 cup "All-Purpose Flour Blend"
1 Tablespoon baking powder
1 teaspoon salt
1/2 teaspoon xanthan gum
1-1/2 teaspoon unflavored gelatin
1 Tablespoon sugar

Step 2. After the ingredients in Step 1 are well blended, add the following ingredients and mix all together well:

3 whole eggs
1 cup milk (I use 2% lactose free.)
1/3 cup extra light olive oil

Step 3. Pour batter into your hot skillet, smooth out well, and allow to bake for approximately 20 minutes. (I never time my cornbread. I take it out when it is browned to my suiting!!)

DEDICATION: *The above method of baking cornbread in a cast iron skillet is dedicated to my dear sweet mother, who now has Alzheimer's disease. She never used olive oil in the batter or the skillet, she used bacon drippings. Sometimes I do!*