

SPENCE FARM'S CORNBREAD

MAKES 12 SERVINGS

- 1 stick (½ cup) butter, room temperature, plus extra for greasing
 - ⅔ cup sugar
 - 2 eggs, room temperature and separated
 - 1 cup all-purpose unbleached flour (Marty Travis uses his own whole wheat flour)
 - 3 teaspoons baking powder
 - ¼ teaspoon salt
 - 1 cup milk or organic vanilla yogurt
 - 1 cup cornmeal (see Note)
- Preheat oven to 400 degrees.

Grease a 10-inch cast iron skillet with butter or olive oil.

In a large mixing bowl, cream the butter and sugar. Slightly beat the egg yolks and add them to the butter mixture, stirring well.

In another bowl, beat the egg whites until stiff peaks form; set aside.

Add the flour, baking powder and salt to the butter mixture and stir well. Stir in the milk or yogurt and then the cornmeal. Fold in the egg whites.

Pour into prepared skillet and bake in the preheated oven for 25 minutes, or until beautifully brown. Serve with farm

honey or maple syrup.

Note: Regular cornmeal works fine. If you can get your hands on Spence Farm's Iroquois roasted cornmeal, it lends a light nuttiness to the bread. The farm sells the cornmeal on its Web site, *thespencefarm.com*.

Adapted from The Tasha Tudor Cookbook (Little, Brown and Company, 1993)

Nutrition facts per serving:
210 calories, 10 g fat, 6 g saturated fat, 58 mg cholesterol, 28 g carbohydrates, 4 g protein, 187 mg sodium, 1 g fiber