Nick’s Organic Farm

Potomac and Buckeystown, MD

[www.nicksorganicfarm.com](http://www.nickorganicfarm.com)

nicksorganicfarm@comcast.net

301-983-2167

**Sophia’s Basic Floriani Cornbread**

 (sweet, with savory instructions included)

The Floriani flint corn holds its crunch well even after it is baked in this hearty cornbread. For a savory, drier cornbread, do not add maple syrup, and reduce the milk or yogurt by ¼ cup. You can also add some combination of grated cheese, flavorful dried or fresh slightly hot peppers, and/or dried tomatoes. If adding fresh moist ingredients such as peppers or blueberries, store the cornbread in the refrigerator to prevent spoilage.

1 cup Floriani cornmeal (coarse to fine—both work great depending on your desired result)

1 cup whole wheat all purpose flour

2 tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup milk

½ cup yogurt or buttermilk

1 egg

6-9 Tbsp pure maple syrup

3 Tbsp melted butter

1 cup blueberries (optional)

Grease an 8”-square pan and pre-heat the oven to 350 degrees. (Cast iron is best for even cooking.) Combine the dry ingredients in a medium-sized bowl. Combine the wet ingredients in another bowl. Stir the wet ingredients into the dry, mixing just enough to combine them. Spread the mixture into the pan. If desired, sprinkle sugar on top. Place a wide pan or bowl of shallow water in the oven—it will help with the crusting. Bake cornbread for about 20 minutes, or until a knife comes out clean, and the top is golden brown. Serve warm, or at room temperature. Butter and honey are optional!