

Adapted From More Great Good Dairy Free Desserts Naturally, Fran Costigan Book Publishing Co.

Fran's Vegan Cornbread

Quick to mix and bake, make sure your oven is preheated to 425F/218C and that your cornmeal is fresh!

Sweet or Savory cornbread, makes nice muffins, thin for pancakes too.

Ingredients

1 cup / 100g fine grind cornmeal
1/2 cup /74g whole wheat pastry flour
1/2 cup / 84g all-purpose flour
4 1/2 tsp. /17g baking powder
1/4 teaspoon fine sea salt
1 cup plus 2 Tbsp / 260g any plant milk
3 Tbsp. / 56g pure maple syrup, Grade A Dark
2 Tbsp /23g neutral vegetable oil, more for the pan, or use melted vegan butter

Position a rack in the middle of the oven and preheat to 425F. Oil a 9 x 9-inch baking pan or equivalent. If using a cast iron pan, heat it on the stove before pouring in the batter.

Whisk the dry ingredients. Measure using the dip, overfill, level method. Place a wire mesh strainer over a medium bowl. Add the cornmeal, pastry flour, all-purpose flour, baking powder, and salt to the strainer. Whisk to aerate.

Whisk the plant milk, maple syrup, and oil in a small bowl until well blended. Pour into the dry mixture and whisk only until the batter is smooth. The batter will drop off a spoon like heavy pancake batter. Pour into the prepared pan and smooth the top.

Bake for 15 to 18 minutes, or until golden brown and a tester inserted into the center comes out clean or with a few moist crumbs.

Cool the pan on a rack for 10 minutes before cutting.

Variations:

Sweet Cornbread: Brush with maple syrup while it is cooling.

Blueberry Cornbread: Mix 1 cup blueberries into the batter

Savory Cornbread: Mix 1 cup corn kernels, sautéed peppers, or onions into the batter.

Skillet Cornbread:

Oil a cast-iron pan. Preheat the pan in the oven before adding the batter and bake as directed. The sides and bottom of the cornbread will be dark and crusty.

Corn Muffins/ Corn sticks:

Position a rack in the upper third of the oven and preheat to 400 degrees. Oil 10 cups in a standard muffin tin or corn stick pan, fill them three-quarters full, and bake for 15 to 20 minutes. Pour water into any empty cups to ensure even baking.