

Carson's Corn Bread

<http://userealbutter.com/2009/12/07/cornbread-recipe/>

from Pie in the Sky by Susan G. Purdy, recipe for sea-level, but high altitude adjustments in parentheses

4 tbsps unsalted butter, melted and cooled
1 large egg, room temperature
1 cup milk (1 cup + 2 tbsps @8500 ft.)
1/4 cup plain yogurt (top liquid poured off) or sour cream (I like to use Greek yogurt)
1/4 cup sugar (3 tbsps sugar @8500 ft.)
1 cup cornmeal
1 cup flour (1 cup + 3 tbsps @8500 ft.)
1 tbsp baking powder (2 1/2 tsps @8500 ft.)
1/8 tsp baking soda (pinch @8500 ft.)
1/2 tsp salt

Position oven rack in the center of the oven and preheat to 425°F. Grease an 8×8-inch square pan with butter or cooking spray and dust with flour. In a large bowl, whisk together the melted butter, egg, milk, yogurt (or sour cream), and sugar. Add the remaining dry ingredients and stir together until just blended. Don't overmix. Pour the batter into the prepared pan and bake for 20-22 minutes (22 to 25 minutes @8500 ft.) or until the top begins to turn golden and a toothpick inserted in the center comes out clean. Just take care not to overbake or else the cornbread will be too dry. Cool on a wire rack and serve.