

Buttermilk Corn Bread

1 cup flour
3/4 cup cornmeal
1/2 teaspoon baking soda
1 1/2 teaspoons baking powder
5 tablespoons sugar
1 teaspoon salt
1 cup buttermilk
3 eggs
3 tablespoons cold unsalted butter
2 tablespoons cold lard or vegetable shortening, plus 1 tablespoon for the pan

Have the buttermilk and eggs at room temperature. Heat the oven to 425°, and place an 8-inch by 8-inch baking pan with 1 tablespoon of lard or vegetable shortening on the bottom rack.

In a large bowl, combine the flour, the cornmeal, baking soda, baking powder, sugar, and salt. Mix the ingredients with a whisk until thoroughly combined.

With a pastry blender, cut in the cold butter and lard into the dry ingredients until the mixture forms coarse crumbs. (If you don't want to use lard, substitute vegetable shortening or use all butter.)

In a separate bowl, thoroughly beat together the eggs and the buttermilk.

Combine the liquid and the dry ingredients with a few quick strokes of a wooden spoon, just until blended.

Remove the hot pan from the oven, swirling around the melted lard. Dump out any excess.

Pour the batter into the hot pan and bake for about 1/2 hour.