

CORNBREAD AND EGGS

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Follow step-by-step, photo illustrated instructions for making not only some great cornbread, but a delicious new treat for breakfast. This old mountain recipe combines leftover cornbread with scrambled eggs, all cooked together, and brings a whole new experience to the breakfast table.

First, we'll make the cornbread, then we'll show you how to mix it all together to create Cornbread and Eggs. Printable recipe included.



Cornbread and Eggs Recipe:

I was given this recipe just a few weeks ago by some new friends I recently met up in the mountains. While talking with the lady of the house, I asked if she had some favorite recipe from her childhood that she might be willing to share with me. I could see her eyes light up as a big smile spread across her face. Without hesitation, she says, "Cornbread and Eggs." I told her I'd never heard of this combination and asked for some details.

"As a child," she said, "My Mamaw Vines would make Cornbread and Eggs for me for breakfast. I loved it, and now I make it for my family."

I didn't ask, but I suspect this was one of those recipes developed out of necessity, during poorer times, to help stretch the breakfast meal a little further for the family. It's also a great way to use up any leftover cornbread you might have.

A few days later, she Emailed the recipe she uses to make her cornbread, and told me again how to put it all together. I jumped right in the kitchen the next morning and baked up the cornbread, let it cool, then made the Cornbread and Eggs. I wasn't sure if I had done it right, so I emailed a picture of my finished dish back to them just to be sure. She had already given me permission to use the recipe, and I wanted to be sure I was doing it right. "That's just the way it's suppose to look," said her

It's a unique dish that turns out to be rather tasty. She had stated that her husband really enjoyed adding some Tabasco to the finished product. Having now tried it, I can see where that might be a good addition, and I can also see where adding some sausage, bell peppers, onions, or maybe some gravy would probably be pretty good in the recipe as well.

We've had several requests for how to make cornbread, so I'm happy to share this version with you. Be warned though, it does contain a bit of sugar. I've found that one thing that really stirs up some "Southern Comments," is whether or not cornbread should be made using sugar. I'll be waiting to hear what you think about it. So, ready to give our Cornbread and Eggs a try? Alright then, Let's Get Cooking!



First, we're going to need to make up a pan of cornbread. We're baking it in our cast iron skillet just for this recipe, but this is a great way to use up any leftover cornbread you might have. You could even freeze leftover cornbread and pull it out as needed later on. We'll bake the cornbread first, then we'll show you how to put it all together to make the Cornbread and Eggs breakfast recipe.



Cornbread: You'll need these ingredients.



Place the cornmeal in a medium sized mixing bowl. You'll also want to go ahead and preheat your oven to 425°.



Add the flour. Sifting it is optional.



Whisk it all together.



Oops... Let's not forget the sugar.



Now, whisk it all together really well.



Add one egg.



Grab a fork and break up the egg by giving it a good stir.



.Add the milk. The actual amount needed will vary somewhat. I used a little over 1 1/4 cups of milk. You'll need to stir it as you're pouring the milk in but try not to overwork it. Add just enough milk to make a batter similar to the consistency of a cake batter.



Don't worry about having a few lumps, they'll bake out. Again, you will want this to be about the consistency of a cake batter.



Melt about a Tablespoon of Lard or Shortening in your skillet. I normally heat up the skillet on the stove top for a minute or two, then add whatever butter, lard or shortening that I need. Swirl the melted oil around to fully coat the bottom of the skillet.



Pour the batter into the skillet. If it's a little thick, you might need to spread it out with a spoon.



BAKE AT 425°
25-30 MINUTES

OVENS VARY -WATCH IT CAREFULLY

Place the skillet in the oven and bake it at 425°F for about 25-30 minutes, or until done.



Test the cornbread to be sure its done by sticking a toothpick in the center of the bread. If the toothpick pulls out clean, it's done. If it pulls out with a few crumbs attached, you'll need to bake it a little longer. The cornbread should also pull away from the edges of the pan a bit when it's fully baked.

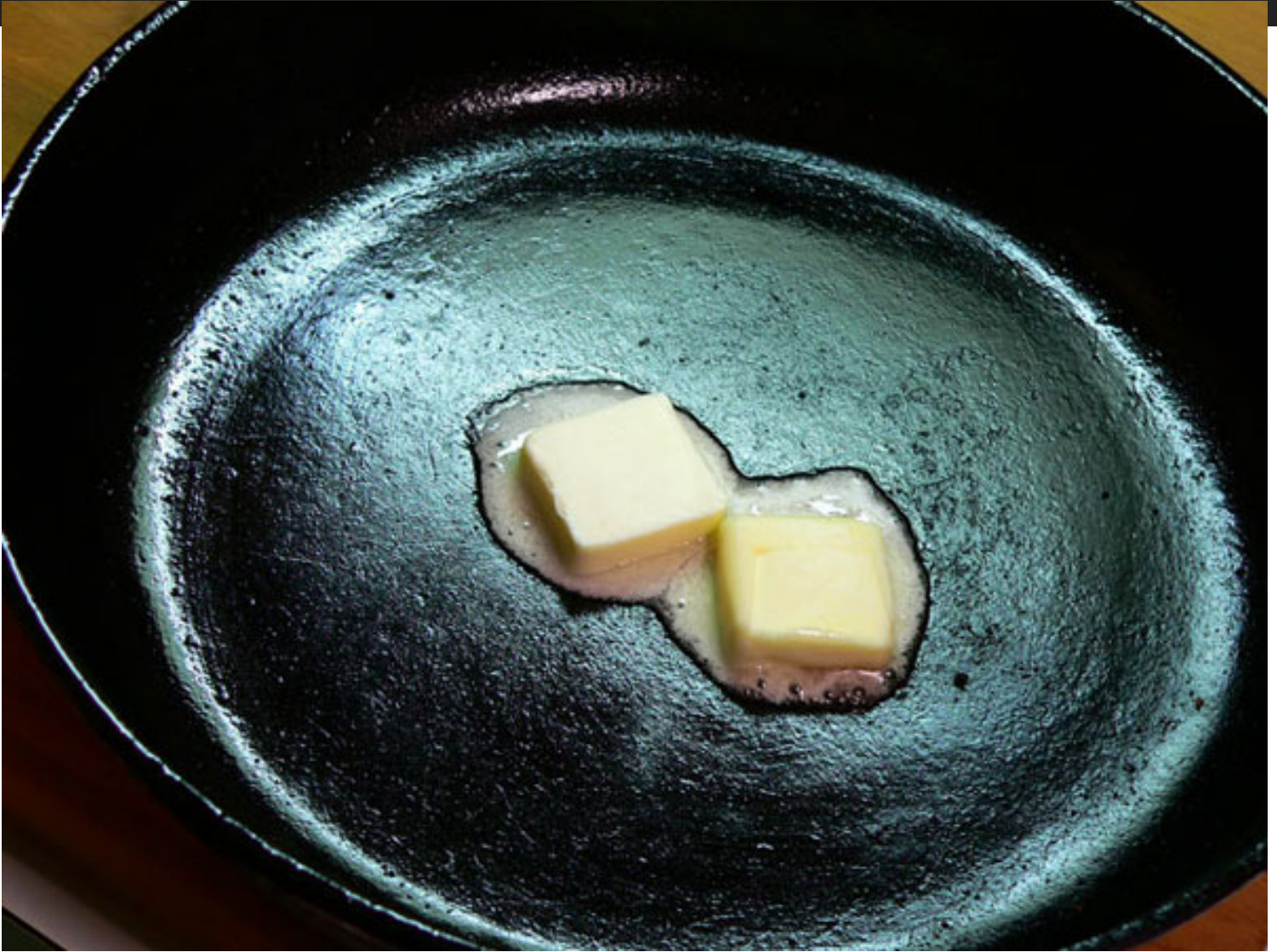
Place the skillet on a wire rack, or folded towel, and let the cornbread cool for a few minutes before serving. Some melted butter spread across the top just adds another good layer of flavor.



To make the Cornbread and Eggs: Break about four eggs into a small bowl.



Whisk the eggs together well with a wire whisk or fork. Add a dash of water or milk if desired.



Place the skillet over medium heat on your stove top. Once the pan has started to warm up, add a couple of pats of butter and let it melt.



Crumble up a section of the cornbread and add it into the butter. It will only take a piece about as big as a slice of pie to make a good sized serving. Stir the cornbread around in the butter and let it warm up and brown just a little more.



Pour the whipped eggs into the skillet, spreading it out all around the pan.



Stir the eggs around, mixing it with the cornbread as the eggs cook. The cornbread will absorb the eggs and then you're basically scrambling it all together until the eggs have had a couple of minutes to cook.



Serve it up while it's still warm and Enjoy!

Have you ever heard of Cornbread and Eggs? Ever tried it, or think you might want to? I'll look forward to hearing your comments in the section below. Let me know what you think of the recipe, and let me know if true Southern cornbread contains sugar. This should prove interesting.

Be Blessed!!!

Steve