

Cream Drop Cornbread

This recipe is a fusion of the cream drop biscuit and cornbread recipes from Cook's Illustrated with a few extra twists of my own. One of them was to use grits instead of cornmeal (the bag in the back of the freezer turned out to be grits).



Ingredients:

- 1 cup flour
- 2 Tbsp. sugar
- 2 Tbsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 Tbsp. powdered buttermilk
- Small can of corn
- 1 cup grits
- 1/4 cup water + 2 Tbsp.
- 1 cup heavy cream
- 1 Tbsp. butter

Equipment

- Blender
- Microwaveable bowl 1/4 cup
- Rimmed baking sheet
- Silicone pad (optional)
- Non-stick spray
- Cooling rack
- Pastry brush

Cream Drop Cornbread:

<input checked="" type="checkbox"/>	Directions	Time (min)
	Preheat oven to 450 degrees with rack in middle position	
	Place silicone mat in the baking pan	1
	Drain the corn. In the blender, puree the corn	2
	In a sauce pan, combine corn, 1 cup grits, and 1/4 cup water	1
	Heat over medium heat. Stir frequently and add 2 Tbsp. of water as the grits absorb the water. Avoid burning or scorching.	5
	Whisk together 1 cup flour, 2 Tbsp. sugar, 1/2 Tbsp. baking powder, 1/4 tsp. baking soda, 1/2 tsp. salt, and 2 Tbsp. buttermilk powder	3
	Remove from heat. Whisk in 1 cup heavy cream	1
	Stir warm cream and corn into flour mixture with a large spoon to make a loose dough.	1
	Spray a large serving spoon with non-stick spray	1
	Scoop and drop biscuits onto baking mat.	2
	Bake until golden brown. Repeat for remaining dough	15
	In a small dish, microwave 1 Tbs. butter to melt	1/2
	Transfer biscuits to cooling rack	1
	Brush butter onto tops of the biscuits	2
	Total	36

** May be stored in an air-tight bag and then reheated on a baking sheet at 300 degrees for ten minutes