

Recipes from the Kitchens of Kenburn Orchards

Blueberry Corn Bread

One of our all-time favorites, this recipe comes directly from the Martha's Vineyard Cookbook, given to me as a wedding gift in 1971 by the dear Ellen and Barclay Kingman. This is one of the few recipes I have never tinkered with, as I think it is just about perfect as it is. I have taken the liberty of using this recipe to make delicious muffins when I wanted to hurry the cooking time.

2 cups all-purpose flour
½ teaspoon salt
4 teaspoons baking powder
½ cup softened butter
1 cup sugar

2 eggs, lightly beaten
1 cup cornmeal
1 1/2 cups milk
1 cup blueberries, fresh or frozen (It's ok to be generous.)
Flour for dredging berries

Preheat oven to 425 degrees.

Butter thoroughly a 9 by 14 baking pan. Sift flour, salt and baking powder into a small bowl. In mixing bowl cream butter until light and fluffy. Add sugar slowly, beating it into creamed butter. Add eggs and mix thoroughly. Add half the flour mixture, half the cornmeal, and half the milk. Blend only till mixture is moistened. Add remainder of flour mixture, milk and cornmeal. Blend thoroughly, but do not overmix. Flour the berries lightly and fold them into the batter. Pour batter into baking dish spread evenly, and bake about thirty minutes. If using muffin tins, slightly less cooking time is required.

Cut into squares and serve warm, if possible.