

BARLEY BUTTERMILK CORN BREAD



INGREDIENTS

1 cup cornmeal blue or yellow
1/2 cup pearl barley
1 tsp. baking soda
1/2 tsp. sea salt optional
1 egg lightly beaten
2 tbsp. vegetable oil
1 cup buttermilk
2 tbsp. honey
1/3 cup onion, finely chopped
1/2 cup corn kernels, canned

PREPARATION

Preheat oven to 350 °F (180 °C).

Mix the cornmeal, barley, baking soda and sea salt.

Add the egg, oil, buttermilk, honey, onion and corn and mix only until the dry ingredients are moistened.

Turn into a well-oiled and heated large iron skillet.

Bake 30-35 minutes or until well browned.

Cut in wedges and serve hot.

8 servings

