

Cajun Cornbread

HolisticQ Signature Recipe

The secret to this recipe is the onion being very finely chopped to an onion puree similar to applesauce consistency. If you don't have a food processor or blender, grate the onion with a manual cheese grater.

- 1 ½ cups yellow corn meal
- ½ cup all-purpose flour
- 1 ½ teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- 1 Tablespoon honey
- 1 large egg
- 1 cup buttermilk
- 1 sweet onion, such as Vidalia, finely pureed (1 cup)
- 1/4 cup olive or coconut oil

Preparation

1. Preheat oven to 425°F. (If cooking cornbread in a cast iron skillet, preheat the skillet in the oven.)
2. Whisk together cornmeal, flour, baking powder, baking soda, salt, and cayenne in bowl. Whisk together honey, egg, buttermilk, pureed onion, and oil in a separate bowl. Stir wet mixture into cornmeal mixture and combine well. Pour batter into greased baking dish (**or well oiled pre-heated skillet**) and bake for 25 minutes or until top of cornbread is golden.

If you prefer making muffins, adjust the baking time to around 15 minutes