

Corn Pone



2 cups fine grind white corn meal

1 tsp salt

1 ½ cups cold water (or enough to make a batter that can be spooned similar to pancake batter)

4 tblsp vegetable or canola oil

Preheat the oven to 475. Pour the vegetable or canola oil into a 9 or 10 inch cast iron skillet and place it into the oven while preheating.

When the oven is nearly up to temperature, mix the corn meal, salt and water. The batter should be slightly thicker than a pancake batter, but thin enough to pour. Carefully remove the now hot pan from the oven and, working quickly, pour the batter into small rounds (3 or 4 inches across) in the hot oil. Spoon some of the hot fat on top of the batter.

Bake for about 15 minutes or until golden brown. Broil for the last 2 to 3 minutes, if needed, to make the corn pone extra golden and crispy around the edges.

Enjoy!

Never Enough Thyme
<http://www.lanascooking.com>