

Cornbread (Maisbrot)

My Favourite Cornbread

One of my favourite recipes, I brought it back from my first trip to the USA and since veganized and perfected it to make it easier on your body=temple.

It's fast, it's super-easy and really really delicious.

Enjoy it for breakfast with avocado or your favourite marmalade, as a healthy snack with your salad... or top it off with whipped cream and enjoy as a cake-substitute. The subtle swing from salty to sweet makes this bread the perfect treat and a great side dish for your chili or guacamole.



Shopping list (for 4 servings):

375 gr corn flour
100 gr wholegrain flour
2 teaspoons baking powder
1 teaspoon sea salt
75 ml sunflower oil or use high-quality margarine
50 gr coconut sugar or use 30-40 ml agave syrup

Method

Preheat oven to 175 degrees.

In a large bowl, combine milk and vinegar, whisk, let sit.

Meanwhile, in a different bowl, combine all dry ingredients, mix well.

As soon as your milk-mix blows bubbles, add the oil/melted butter and the sugar/syrup and mix well.

Stir your milk-mix into your dry ingredients, mix very well (best results when whisked by hand), it's ok if your batter stays lumpy!

Pour batter into a cake-bin lined with baking paper. Bake for 25 minutes, turn off oven.

Open oven door. Leave in oven until completely cooled.

Enjoy!



Contributed by

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Translator of English-German

One in a series of recipes contributed by our volunteers

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