

Mighty Good Cornbread

10.25" CAST IRON SKILLET

1 1/2 CUPS WHITE LILY SELF RISING CORNMEAL

1/2 CUP CORN OIL (OR VEGETABLE OIL)

1 CUP CREAM STYLE CANNED CORN

1 CUP SOUR CREAM

2 LARGE EGGS

Grease a cast iron skillet very well. Sprinkle inside with cornmeal mix. Mix above ingredients together and pour into skillet. Bake at 425 degrees until golden brown. Remove from oven carefully and flip skillet upside down to release cornbread immediately.

Dumplings

2 CUPS SELF RISING FLOUR

1/4 CUP SHORTENING

1/4 TO 1/2 CUPS MILK

In a bowl blend shortening into flour with a blending fork until shortening is pea sized. Add milk a little at a time and mix. Once mix pulls all flour off bottom of bowl stop adding milk. Put out onto floured surface and knead flour into it. Knead at least 10-12 times. Roll out thin (about 1/4") and pick up the whole sheet of dough.

Tammy's Tip: Dumplings are ready to cut when the sheet doesn't tear apart when holding it up.

Cut out dumplings. Sift flour over top of them. Drop into boiling broth, cover, and cook on low 10- minutes. Watch closely to prevent dumplings from sticking to bottom of pot and burning.