



## Crispy Cornbread Croutons

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 15 / **Serves** 4 - 6

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

## Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Liquid measuring cup

## Ingredients

### Crispy Cornbread Croutons

- ☐ 1 C cornmeal
- ☐ 1 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub 1 C gluten-free/nut-free all-purpose flour)\*\***
- ☐ 1/2 tsp ground mustard

- ☐ 1/2 tsp paprika
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 3/4 tsp baking powder
- ☐ 2 eggs **\*\***(for EGG ALLERGY sub 1 T ground flaxseeds + 1/4 C water, stirred until thick)**\*\***
- ☐ 1 C milk **\*\***(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)**\*\***
- ☐ 1/3 C vegetable oil **\*\***

## Food Allergen Substitutions

### Crispy Cornbread Croutons

**Gluten/Wheat:** 1 C all-purpose flour, substitute 1 C gluten-free/nut-free all-purpose flour.

**Egg:** For 2 eggs, substitute 1 T ground flaxseeds + 1/4 C water, stirred until thick.

**Dairy:** For 1 C milk, substitute 1 C dairy-free/nut-free milk.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

## Instructions

### Crispy Cornbread Croutons

#### measure + whisk

In a large bowl, measure **1 cup cornmeal, 1 cup flour, 1/2 teaspoon mustard, 1/2 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon black pepper**, and **3/4 teaspoon baking powder**. Whisk until there are no lumps. Then, crack in **2 eggs**. Also, measure **1 cup milk** and **1/3 cup vegetable oil** and add those to the bowl. Whisk until a smooth batter forms.

#### preheat + bake + cool

Preheat your oven to 375 F. Line a muffin pan with cupcake liners. Pour **1/3 cup of the batter** into each well of the muffin pan. Bake for 15 minutes. Remove to cool for a few minutes. Meanwhile, you can bake any leftover batter to make extras.

#### slice + crumble

Once the cornbread is cooled, you can slice or crumble them to make a crouton topping for chowder, like our **Cornucopia Corn Chowder**. Eat and enjoy! Bon appétit!

## Featured Ingredient: Cornmeal!

Hi! I'm Cornmeal!

"I'm made from ground corn—either yellow, white, or blue! I can be coarse, fine, or somewhere in-between. Did you know that I'm in some of your favorite foods, like tacos, tamales, tortilla chips, corn puffs, and cornbread?!"

Cornmeal is a coarse flour or meal made from grinding corn. Native Americans first ground corn in the Americas a few thousand years ago.

The most common variety of cornmeal in the US is steel-ground yellow cornmeal, which is ground between steel rollers, and the germ and hull (or husk) are removed during the process. The cornmeal may be enriched to return nutrients to it. Because the germ has been removed, which contains the fat, steel-ground cornmeal will not spoil as quickly as other types if kept cool and dry in an airtight container. Other types of cornmeal include white cornmeal (from more delicately flavored white corn), blue cornmeal (from blue corn), and stone-ground cornmeal (ground between two stones, a coarser grain, and retains some of the germ and the husk).

The size of the grind will determine how much liquid the cornmeal will absorb. The finer the grind, the more absorbent it is.

Cornmeal can be used to make cornbread, batters for fried foods (like corn dogs), corn fritters, and hushpuppies. Cheetos are even made from cornmeal that has had the germ removed and been enriched with nutrients.

Grits is a porridge made from boiled white cornmeal that originated in the Southern United States. In Northern Italy, boiled yellow cornmeal called polenta is popular.

If corn is ground very fine, it is called corn flour. Masa harina or masa is finely ground corn that has been soaked and cooked in an alkaline solution, such as limewater. Masa is used to make corn tortillas, arepas, and tamales.

Whole-grain cornmeal, such as the stone-ground type, is a good source of fiber and protein.

Cornmeal does not contain gluten, but due to its coarseness, you can only use it in a limited way to replace wheat flour in some recipes.