



## Island Festival Cornbread Bites

By Dylan Sabuco

**Prep Time** 5 / **Cook Time** 10 / **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).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**scoop:** to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

### Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowl
- ☐ Dry measuring cup
- ☐ Measuring spoons
- ☐ Whisk

### Ingredients

#### Island Festival Cornbread Bites

- ☐ 1 1/2 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free flour) \*\***
- ☐ 1/2 C fine cornmeal
- ☐ 1/3 C granulated or brown sugar

- ☐ 2 tsp baking powder
- ☐ 1/2 tsp salt
- ☐ 3/4 C water + up to an extra 1/4 C if batter is too dry
- ☐ 1 T vegetable oil for greasing the pan or paper cupcake liners

## Food Allergen Substitutions

### Island Festival Cornbread Bites

**Gluten/Wheat:** Substitute gluten-free flour for all-purpose flour.

## Instructions

### Island Festival Cornbread Bites

#### intro

A Festival isn't just another word for a party; it's also a delicious cornbread-like snack. Festivals are very popular in Jamaican cuisine. Combine the Island Festival Cornbread Bites with Cajun "Étouffée" Stew (see recipe) for a fusion of two cultures in one meal.

#### preheat + measure

Preheat your oven to 350 F. Then, measure and combine **1 1/2 cups flour**, **1/2 cup cornmeal**, **1/3 cup sugar**, **2 teaspoons baking powder**, and **1/2 teaspoon salt** in a large mixing bowl.

#### whisk + add + whisk some more

Whisk all the ingredients together thoroughly. Whisking will remove any lumps and add a little air to mix. This will make for a fluffier festival later. Add **3/4 cup of water** to the mixture and give it some more whisks until you have a smooth batter. If the batter seems too dry, add up to an extra 1/4 cup of water.

#### grease + scoop

Grease the wells of the muffin pan with **1 tablespoon of vegetable oil**, or use paper cupcake liners, and scoop 2 tablespoons of the batter into each well.

#### bake + cool

Place the muffin pan in the oven and bake for 10 minutes or until golden brown and crisp. Remove the festival bites from the oven and cool for a few minutes before serving.

#### serve + enjoy

Dunk the festival bites into Cajun "Étouffée" Stew (see recipe) or another stew or soup and enjoy!

## 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.