

# Thomas Jefferson's Favorite Sugarless Corn Bread

Thomas Jefferson and his family ate only two meals a day at Monticello: breakfast, typically at eight, and dinner, in the late afternoon. Corn bread was a popular item that was often featured at breakfast. Jefferson grew corn on his farm, which was then turned into cornmeal.

## Materials:

Measuring cups and spoons  
Knife  
Large mixing bowl  
Wooden spoon  
Medium mixing bowl  
Electric mixer or whisk  
Greased 8x8 square pan

## Ingredients:

1 cup cornmeal  
1 cup flour  
2 teaspoons baking powder  
½ teaspoon salt  
3 eggs, separated  
3 cups milk  
2 tablespoons melted butter

## Directions:

1. Preheat oven to 350 degrees
2. Mix the cornmeal, flour, baking powder and salt into a large mixing bowl.
3. Beat the egg yolks in another bowl and add 2 cups of milk to them.
4. Stir in the melted butter with the egg yolks and milk mixture.
5. When well blended, add the smooth batter to the flour mixture.
6. Stir until everything is completely blended.
7. Beat the egg whites to a stiff froth and fold them into the other ingredients.
8. Pour into the greased baking pan. The batter should be at least 2 inches thick.
9. Pour into the middle the remaining cup of milk. Do not stir.
10. Place in oven and bake for 50 minutes.
11. When finished cut into squares and serve hot. The middle will be a custard.
12. Enjoy!