

For our inaugural episode of the folkloric and gastronomic aspects of family history, I'm presenting a staple recipe from my family's cookbook. It entered my family with my mother's mother's stepmother, and every generation that has made it has put a unique twist on it since. Ethel "Itey" Garrard Drahos Hinzie, who brought it into the family with her marriage to my great-grandfather in 1935, was born in Indiana in 1886. My grandmother took over the recipe when she married in 1931. She, in turn, taught it to my mother, who taught it to me. It's a great, basic, savory recipe, and when Thanksgiving comes, I'll show you how to use it to make the most insanely good Cajun/Creole sausage and cornbread dressing you've ever had in your life! In the meantime, sit back, enjoy the new theme music written and performed exclusively for the Family Cookbook episode series, and take notes so that you can share this recipe with your family, for generations to come.

The Hinzie Family's Corn Bread

Yield: 1 loaf

This is the moistest cornbread you will ever eat! It was originated by my grandmother's stepmother, Itey, and refined by succeeding generations of daughters and cooks. I have followed the Hinzie women's tradition, and amended it to suit my taste. I use corn flour rather than [corn meal – the corn flour is much finer and results in a lighter bread. I hope your family likes it too!](#)

large bowl, small bowl, 8" greased baking pan or loaf pan

1 c. corn flour (can be combined with smoked corn flour, both available at Latin food stores)

hot water

1/2 t. sea salt

2 eggs

1 c. milk

3 T. oil

1 T. baking powder

1 c. flour

Put the cornmeal in the small bowl, and add enough hot water to moisten the cornmeal (about 1/2 c.). Let it stand for 10 minutes. The cornmeal will absorb the water and make the final product moister. Add the eggs and salt and beat the batter well. Add the milk alternately with the flour and baking powder. Add the shortening/margarine/oil last and mix it in completely. Pour the batter into the pan and bake for 40 minutes at 375o.



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If you want to be on the podcast from ANYWHERE IN THE WORLD using the Zoom platform and a good mic and earphones (how about that Family Cookbook series??), you can contact me at <https://bit.ly/2Kxb6rm>.

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