



SUNDERLAND

MAPLE SYRUP FESTIVAL

Maple Syrup Corn Bread

April 6-7, 2019

www.MapleSyrupFestival.ca

Maple Syrup Corn Bread

Serves 16

Ingredients

Batter

- Flour - All Purpose - 2 cups (250 g)
- Cornmeal - 2 cups (300 g)
- Baking Powder - 2 TBSP
- Baking Soda - 1 tsp
- Kosher Salt - 1 tsp
- Milk - 2 cups (460 g)
- Eggs - Large - 4
- Butter - unsalted, melted and cooled - 1/2 cup (115 g)
- Maple Syrup - 1/2 cup (155 g)

Glaze

- Butter - unsalted, melted and cooled - 1/4 cup (60 g)
- Maple Syrup - 1/4 cup (80 g)

- Non-stick spray or butter for pan
- Baking pan - 9x13
- Bowls - 1 large, 1 medium and 1 small
- Whisk

Directions

- Heat oven to 425°F/220°C/Gas 7 - Hot

Batter

- In a large bowl, whisk dry ingredients
- In a medium bowl, whisk wet ingredients
- Pour wet mixture into the dry and whisk.
Do not over-mix
- Grease pan and pour in the batter
- Bake for 20-25 minutes until a toothpick inserted in the centre comes out clean

Glaze

- In a small bowl, combine butter and maple syrup
- Remove loaf from the oven, then brush on the glaze
- Cool, then cut into pieces to serve