

Cleo Coyle's Cornbread with a Twist

Text and photos (c) by Alice Alfonsi, who writes [The Coffeehouse Mysteries](#) as Cleo Coyle with her husband, Marc Cerasini.

If you're tired of dry, grainy cornbread, this is the recipe for you. It produces a sweet breakfast (or coffee break) bread that's tender and tasty. The orange zest is optional, but I love the fragrance that it brings to the breakfast table. May you bake it with joy! ~ Cleo

Makes one 8- or 9-inch square pan of cornbread

- 1 large egg
- 1/2 cup milk (whole, 2%, or skim)
- 1/2 cup sour cream (regular or low fat)
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 1/4 cup canola (or vegetable) oil
- 1-1/2 cup all-purpose flour (for more fiber and nutrition I often use "white whole wheat flour," learn more by [clicking here.](#))
- 1/2 cup yellow cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- (optional) 1 tablespoon orange zest (grated orange peel, no white pith)

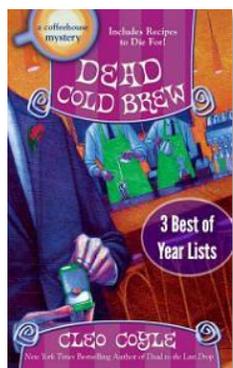
One bowl mixing method: First preheat the oven to 350° Fahrenheit.

In a mixing bowl, whisk together egg, milk, sour cream, sugar, salt, and oil. When the mixture is well blended and the sour cream smoothly incorporated, measure in flour and cornmeal. Evenly sprinkle over the baking powder and soda. If using, add orange zest now. Switching to a spoon or spatula, mix to create a lumpy batter. Do not over-mix or you'll develop the gluten in the flour and your cornbread will be tough instead of tender.

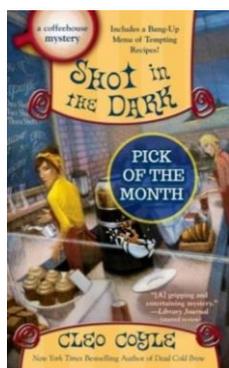
Bake: Prep an 8- or 9-inch square pan by coating with non-stick spray (or buttering and dusting with flour). Pour batter into pan and spread into an even layer. Bake in preheated oven for about 25 minutes. When a toothpick inserted in the center comes out clean, remove from oven. Cool, cut, and eat with joy!



PHOTO BY CLEO COYLE



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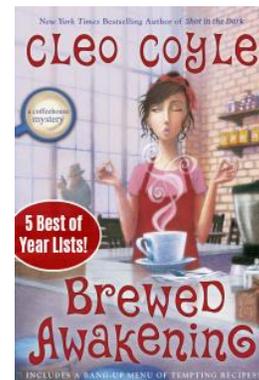
The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.

To learn more, visit Cleo Coyle's online coffeehouse at

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