

Cleo Coyle's Spelt Cornbread

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

Spelt flour comes from an ancient grain that's a good source of protein. It brings more dietary fiber to your food than all-purpose flour, as well as a better, more mellow flavor than whole wheat, which is why I like to incorporate it into my baking. To begin using spelt flour in your own recipes (muffins, brownies, cookies, pie crusts), a good rule of thumb is to start by replacing 25% of your recipe's all-purpose flour with spelt flour. See how the recipe turns out and try adding more on the next go-round. I've found that all-purpose flour requires more liquid than spelt—which makes sense because spelt has a higher level of water solubility. In other words, as you increase the spelt flour in your recipe, you will likely have to reduce some of the liquid. For my cornbread recipe, I've replaced 100% of the white flour, using spelt instead. This wonderful flour brings a rustic, darker look to the cornbread, along with slightly nutty flavor note that's truly lovely. Marc and I enjoy squares of this bread with coffee in the morning (warm it up for 10 seconds in the microwave and melt a bit of butter on it—amazing!). For dinner, we'll pair it with a bowl of chili or barbecued ribs or chicken. Note my variation suggestions. If you prefer savory cornbread, reduce the sugar to 2 T. and (if you like) fold in some sweet corn kernels, a finely diced jalapeno, maybe even some shredded cheddar cheese. Make it your own and bake it with joy! ~ Cleo



Makes one 8-inch square pan of cornbread

- 1 large egg
- 1/2 cup milk (whole, 2%, or skim)
- 1/2 cup sour cream (drain off any visible liquid)
- 1/2 cup granulated sugar (for savory cornbread reduce to 2 T.)
- 1/2 teaspoon kosher salt or 1/4 teaspoon fine table salt
- 1/4 cup canola (or vegetable) oil
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 cup spelt flour (if using all-purpose flour instead, see my note below**)
- 3/4 cup yellow cornmeal

***SAVORY CORNBREAD IDEAS** – For savory cornbread, consider adding ½ to ¾ cup sweet corn kernels (fresh or thawed frozen; if using canned, drain well). You might also add 1 finely chopped jalapeno pepper (remove seeds) and/or ½ cup shredded cheddar cheese.

****FLOUR NOTE** – If you use white, all-purpose flour for this recipe, you must increase the milk to **3/4 cup**.

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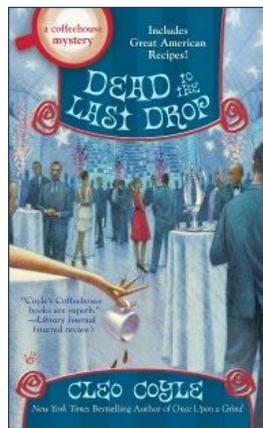
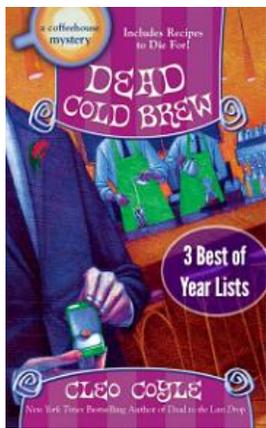
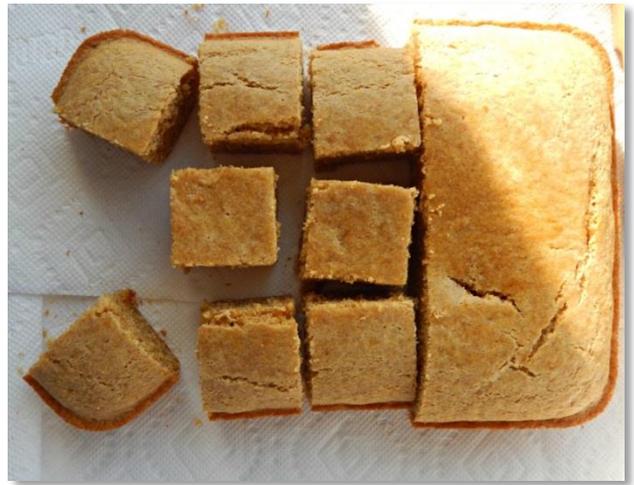
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One bowl mixing method:

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, whisk in the baking powder and soda.

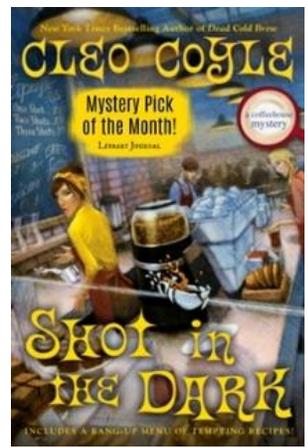
Finally, measure in spelt flour and cornmeal. Switch to a spoon or spatula and stir until all the dry ingredients are incorporated into a loose, lumpy batter, but do not over-mix or you will develop the gluten in the flour and your cornbread will be tough instead of tender.

Bake: Prep an 8-inch square nonstick baking pan by coating the bottom and sides of the pan with cooking spray or generously buttering or lining with parchment paper. Pour your batter into the pan and tilt it back and forth to even it out. Bake in your preheated 350° F. oven for 20 to 25 minutes. When a toothpick inserted in the center comes out with no wet batter clinging to it, remove from oven. Cool, cut, and...



Eat with joy! ~ Cleo

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