

West Texas Cornbread

1 c. plain corn meal 1/2 c. plain flour 3 tsp. baking powder 1 tsp. salt 1 c. grated extra sharp cheddar cheese 1 8 oz. carton sour cream 1/4 c. Crisco oil 1 medium onion (chopped) 1 10 oz. can whole kernel corn (with liquid) 2 eggs 1 jalapeno pepper, sliced(your choice on amount)

Place seasoned iron skillet with 1 tbs.. oil in it in oven and heat to 350°. mix all dry ingredients together. add other ingredients (saving a little cheese) and mix well with a spoon. 2. Pour into hot skillet, sprinkle cheese on top and *(jalapeno pepper slices) and bake in a hot-hot large (9 in.) "seasoned iron skillet" until light brown (25-30 minutes).

*jalapeno peppers optional, may be added to top before baking.