

City of Maple Ridge's  
**LET'S COOK!**  
FOOD PHOTO CONTEST



## WITCHCRAFT BEER MARKET & BISTRO **CORNBREAD RECIPE**

### INGREDIENTS

- 1 cup cornmeal
- 1 cup all-purpose flour
- 3 Tbl sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 1 egg, beaten
- 1/4 cup vegetable oil
- 1/2 cup sweet corn niblets
- 1/4 cup each red peppers & green peppers
- 1/4 cup red onion

### INSTRUCTIONS

- Mix ingredients: cornmeal, flour, sugar, baking powder, salt, milk, egg, vegetable oil well in a large bowl.
- Add: 1/2 cup sweet corn niblets
- 1/4 cup each of red peppers, green peppers, red onion all diced 1/4inch
- Scoop into muffin tins and bake at 350 for 20 minutes, turn, then 10 minutes at a time until toothpick comes out clean

