

# David Paul's Cast Iron Skillet Baking Recipes

## CORN BREAD

### “Yankee Style”

8 or 9 inch cast iron skillet – lightly greased.  
2 boxes Jiffy corn muffin mix (+ 2 eggs, 2/3 cup milk).  
1 14.75 oz can creamed corn.  
2 tablespoons honey (orange blossom is best).  
Mix batter per directions on box, plus adding honey and creamed corn

Preheat oven to 375. Place empty skillet in oven (preheating makes better bottom crust).

Insure preheated skillet has even coating of grease or Pam.  
Pour batter into preheated skillet and return to oven.

Bake for 30-35 minutes. Check top for light brown color. Use tooth pick to check if center is thoroughly baked. Don't over bake as bottom will burn.

Cut into wedges or squares and half circles. Serve with fresh real butter.

### “Southern Style”

8 or 9 inch cast iron skillet  
2 lb bag Martha White Tennessee Yellow Corn meal.  
See basic corn bread recipe on bag for other ingredients.  
1 14.75 oz can creamed corn.  
3 tablespoons honey.  
Mix as directed on bag plus add corn and honey.

Bake and serve per “Yankee” instructions.

### “Marine Corps Style”

15 inch cast iron skillet.  
Adjust all ingredient portions appropriately (for “Yankee” use 3 boxes Jiffy corn mix + 1 can whole corn along with 1 of cream style)  
Follow all other bake and serve instructions.

P.S All recipes subject to “Kick it up a notch!” Add any extras (example – bacon pieces or chilies) as desired. Add Molasses (1/8 cup ) and Vanilla (1/4 tsp) per box of Jiffy mix for richer “Southern” taste

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### **“Inside Skillet Cakes”**

#### **“General Washington’s Virginia Cherry Inside skillet Cake”**

8 or 9 inch cast iron skillet.  
2 boxes Jiffy Golden Yellow Cake mix (+ 2 eggs, 3/4 cup milk or buttermilk).  
2 tablespoons honey (orange blossom is best).  
1 15.25 oz (med) can of Pie Cherries(draind - experiment with different types).  
¼ cup light corn syrup  
2 teaspoons of Vanilla  
2 teaspoons of Orange vest(use sweet Navel Oranges for best results)  
1/2 teaspoon of Cinnamon  
1/2 teaspoon of Allspice (experiment with future batches by adjusting plus or minus ¼ tsp to find personal level with cherries)

#### **“General Grant’s New York City Pineapple Inside skillet Cake”**

8 or 9 inch cast iron skillet.  
2 boxes Jiffy Raspberry muffin mix (+ 2 eggs, 1/2 cup milk).  
2 tablespoons honey (orange blossom is best).  
1 15.25 oz (med) can of Pineapple chunks/bits(draind).  
3 tablespoons brown sugar  
1 teaspoon of Vanilla  
1/2 teaspoon of Cinnamon  
1/2 teaspoon of Ground Cloves (experiment with future batches by adjusting plus or minus ¼ tsp to find personal level with pineapple)

#### **“General Lee’s Georgia Peach Inside skillet Cake”**

8 or 9 inch cast iron skillet.  
2 boxes Jiffy Apple-Cinnamon muffin mix (+ 2 eggs, 1/2 cup milk).  
2 tablespoons honey (orange blossom is best).  
1 15.25 oz (med) can of Sliced Cling Peaches(draind - experiment with different types).  
3 tablespoons brown sugar  
1 teaspoon of Vanilla

1/2 teaspoon of Ground Nutmeg (experiment with future batches by adjusting plus or minus ¼ tsp to find personal level with peaches – also try with ground Ginger or Allspice)

Mix batter per directions on box, then add extra ingredients for particular General's dish.

Preheat oven to 375. Place empty skillet in oven (preheating makes better bottom crust).

Insure preheated skillet has even coating of grease or Pam.

Pour batter into preheated skillet. ( To have fun with kids – place some solid fruit on top of the batter – as it bakes it will sink inside!)

Return skillet to oven.

Bake for 25-30 minutes. Check top for light brown color. Use tooth pick to check if center is thoroughly baked. Don't over bake as bottom will burn.

Makes 8 wedges. Serve with scoop of favorite ice cream.

Note: These recipes are on-going experiments that are a great fun. Play with them and develop other General's dishes as well. Enjoy with family and friends.