

Low FODMAP Grandma's Green Chile Cornbread

IBS Friendly Gluten-Free Lactose-Free Low FODMAP

A 200 year old recipe — Let's FODify It!

A comparable version of this cornbread recipe has been in my family since the early 1800s. My grandmother, who learned to cook at a very young age, began making it for her parents and siblings in 1929.

I recently made this on what would have been her 100th birthday. The first taste took me right back to her kitchen where I watched her make this quick bread while she told jokes and family stories. She was a first-rate home cook. Today, when anyone in our family walks into a restaurant that smells like her kitchen, we know we're in for an exceptional dining experience.

For this FODify It! version (of which I know she would have stood by me with suggestions as I converted) I've used gluten-free medium grind yellow cornmeal, as it offers the familiar, rustic texture I've grown up with. For a lighter texture, a fine ground gluten-free yellow cornmeal also works well. Whisking it with gluten-free low FODMAP baking flour and baking powder also lightens the density a bit, but this is a down-home, hearty cornbread. Not cake-like.

My grandmother's recipe calls for buttermilk. I've mixed plain, unsweetened almond milk with a small amount of plain, lactose-free yogurt in its place. I have not made this recipe with low FODMAP dairy-free coconut-based plain yogurt, hence the lactose-free recommendation, to your tolerance.

Another FODify IT! swap is to use a vegan dairy-free butter alternative in place of cow's milk butter. However, many people on the Low FODMAP Diet are able to tolerate conventional cow's milk butter, as it contains only trace amounts of lactose.

The addition of canned, mild chopped green chiles is inspired by the American Southwest, adding a hint of buttery pepper flavor and a boost of vitamin C.

See the TIPS section at the bottom of this recipe for ingredient brands I used.

From my family to yours...

Makes: 8 servings

INGREDIENTS:

2 cups (300 g) gluten-free medium grind yellow cornmeal

1/2 cup (75 g) low FODMAP gluten-free baking flour

1 tsp baking powder; use gluten-free if following a gluten-free diet

3/4 tsp (4 g) fine sea salt

1 large egg

2 Tbsp dairy-free butter alternative, melted, room temperature

1/4 cup (60 ml) water

3/4 cup (177 ml) plain, unsweetened almond milk
whisked with

2 Tbsp plain lactose-free yogurt

1, 4-ounce (113 g) can chopped mild green chiles, containing no onion, garlic or other high FODMAP ingredients

1 Tbsp dairy-free butter alternative (for coating the pan)

Maple syrup, 1 Tbsp per serving

METHOD:

Whisk the cornmeal, flour, baking powder and salt in a medium mixing bowl. Add the egg, butter, water, almond milk, yogurt and chiles. Stir with a wooden spoon to combine. The batter will thicken. Cover with a lid or plastic wrap and let rest in the fridge for 45 minutes.

When the batter has rested for 30 minutes, preheat the oven to 425 F / 220 C. Place a 12-inch (30 cm) nonstick ovenproof or cast iron skillet in the oven for 6 minutes to heat the pan. Use oven mitts to move the pan to a heatproof work surface, or a sturdy heatproof trivet. Drop in 1 Tbsp butter alternative and swirl the hot pan to coat, again using an oven mitt.

Drop in large spoonfuls of batter and smooth with a spatula. Bake 15 minutes. Let cool for a few minutes, cut into 8 slices and serve warm with maple syrup.

TIPS: Tablespoons = Us Standard/Imperial 3 teaspoons per.

Ingredient brands for this recipe:

CORNMEAL: Bob's Red Mill Gluten-Free Cornmeal, Medium Grind

FLOUR: Bob's Red Mill 1 to 1 Gluten-Free Baking Flour (in the blue package)

BUTTER ALTERNATIVE: Earth Balance Vegan Buttery Sticks

MILK: Blue Diamond Almond Breeze Unsweetened Original

YOGURT: Green Valley Creamery Lactose-Free Plain Yogurt

GREEN CHILES: Hatch Canned Mild Chopped Green Chiles

If you do not have a nonstick ovenproof or cast iron skillet, use a heavy bottom metal pie pan.



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