

Pumpkin Cornbread

Moist pumpkin cornbread baked in a cast iron skillet with maple syrup, warm spices and a scattering of toasted pepitas. Tender, lightly sweet and ready in under 45 minutes.

Prep Time	Cook Time	Total Time
15 mins	28 mins	43 mins

Course: Bread Cuisine: American Servings: 12 people
Calories: 197kcal Author: Ned Adams



5 from 1 vote

Equipment

- 10" cast iron skillet
- Large mixing bowl
- Medium mixing bowl

Ingredients

- $\frac{3}{4}$ cup cornmeal
- 1 cup all purpose flour
- 2 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground cardamom optional
- $\frac{1}{4}$ cup vegetable oil or canola oil
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup brown sugar
- 2 tablespoon maple syrup
- 2 large eggs
- 1 cup pumpkin puree not pumpkin pie filling
- 2 tablespoon pumpkin seeds raw, optional

Instructions

1. Preheat the oven to 350°F. If you are using an unseasoned skillet or a 9x9 pan, grease it with nonstick cooking spray or butter. Set the pan aside.
2. In a large mixing bowl, whisk together the cornmeal, flour, baking powder, baking soda, salt, cinnamon, nutmeg and cardamom if using. Set the bowl to one side.
3. In a medium mixing bowl, whisk together the oil, milk, brown sugar, maple syrup and eggs.
4. Add the pumpkin puree and mix until combined.

5. Make a small well in the middle of the cornmeal mixture. Pour the pumpkin mixture in and stir by hand until you get a thick batter. Stop as soon as the flour streaks disappear.
6. Pour the batter into the prepared pan and sprinkle the pumpkin seeds over the top. Bake in the preheated oven for 25 to 28 minutes. A toothpick inserted into the center should come out with a few moist crumbs attached.
7. Cool for 5 to 10 minutes, then serve warm.

Notes

- **Look for moist crumbs, not a clean toothpick.** On a batter this wet, a completely clean tester means it has gone a few minutes too far. The center should read about 195 to 205°F.
- **Mix by hand.** Overworking the batter develops gluten and turns a tender crumb rubbery. Stop as soon as the flour streaks disappear.
- **Use raw pumpkin seeds.** They toast during the bake. Pre-roasted seeds will burn.
- **Rest before cutting.** Give it 5 to 10 minutes so the starches can set, otherwise the crumb tears and reads gummy.
- **Use pure pumpkin puree, never pumpkin pie filling.** If the puree looks loose in the can, blot it on a paper towel before measuring.
- **Cardamom is optional but recommended.** It brightens the pumpkin and balances the sweetness with an almost citrus note.
- **Storage.** Covered at room temperature for 3 days, refrigerated for 5 more, or frozen in an airtight container for up to 2 months. Cool completely before freezing.

Nutrition

Calories: 197kcal | Carbohydrates: 29g | Protein: 4g | Fat: 7g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 2g | Trans Fat: 0.03g | Cholesterol: 29mg | Sodium: 234mg | Potassium: 153mg | Fiber: 2g | Sugar: 13g | Vitamin A: 3243IU | Vitamin C: 1mg | Calcium: 84mg | Iron: 2mg

Pumpkin Cornbread from <https://www.dutchovendaddy.com/pumpkin-cornbread/>

Scan the QR code to check for any recipe updates,
including tips, answers, and to ask me any questions!

