

Spicy Skillet Corn Bread

1 Tb. oil for roasting
8 serrano chiles
1 cup cornmeal
1 cup all-purpose flour
1/3 cup sugar
2 tsps. baking powder
1 tsp. salt
2 eggs, beaten
1 cup milk
3 Tbs. melted butter

Preheat oven to 425 degrees. Heat oil in a small skillet over high heat. Toss in chiles and sear until evenly blackened. Cool on paper towels.

In a large bowl, mix cornmeal, flour, sugar, baking powder and salt. Make a well in the center and add beaten eggs, milk and melted butter.

Whisking from the center, combine all into a slightly lumpy batter.

Heat a generously buttered 9-inch cast-iron skillet in the oven for 5 minutes. Pour batter into hot skillet, insert the chiles, stem end up, around the edges. Bake 20-25 minutes, or until the corn bread begins to pull away from the sides of the pan.

Cut into eight wedges with a chile in each. Serve immediately with plenty of butter. *Serves 8.*

Note: Eat around the chile pepper if you prefer less spice; eat the whole pepper if you love it.

Per piece: 254 calories, 9.7g fat (4.5g saturated), 5.8g protein, 36g carbohydrates, 1.4g fiber, 499mg sodium.

You'll get perfect corn bread with a well-seasoned cast-iron pan.

Susan Feniger, left, and **Mary Sue Milliken** appear daily on cable's Food Network (*Too Hot*



Tamales and *Tamales' World Tour* air at 11:30 a.m. and noon ET Monday-Friday; *World Tour* also airs at various other times each week). They own Border Grill in Santa Monica, Calif.