

taste of the south

AUTHENTICALLY SOUTHERN, ALWAYS DELICIOUS



SOUTH'S BEST CORNBREAD page 75

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CAST-IRON RECIPES

The Annual CAST-IRON Issue



JAN/FEB 2015 Vol. 12 Issue 1
www.tasteofthesouthmagazine.com

\$4.99 US



DISPLAY UNTIL FEBRUARY 23, 2015

SOUTHERN
SWEET
ROLLS

1 DOUGH, 5 WAYS

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Ready to make your own homemade cornbread? Check out the recipe for Smoky Southern Cornbread on page 80.

LA FARM BAKERY

CARY, NORTH CAROLINA

With a deep passion for bread making and knowledge of centuries-old baking traditions, owner and Master Baker Lionel Vatinet marries Southern flavors with his creations at La Farm Bakery. His accent hints at his French heritage and training, but with his bakery located in North Carolina, Lionel wanted to make something to which his customers could relate. He did so with his yeasted cornbread, which is made with cornmeal from Yates Mill and uses yeast as a leavener. He forms this hearty play on cornbread into beautiful boules, rings, and batards, and adds them to the already overflowing shelves of the bakery. Made seasonally, the yeasted cornbread is available in January and February to go along with the vegetarian chili served in the bakery's warm and rustic café.

Preston Corners, 4248 Cary Pkwy.

919.657.0657

lafarmbakery.com

KLEER-VU

MURFREESBORO, TENNESSEE

The casual atmosphere and friendly faces at this Tennessee spot make you feel like you are sitting down at your grandmother's table. Owner Rebecca Patton has been serving up her family recipe for hot-water cornbread since 1977, when she started a little lunchroom in the storage room of her mother's grocery store. The crispy, crunchy cornbread, made from a secret recipe, is a favorite among all ages, as evidenced by her range of customers. She regularly doles out plate after plate of home cooking and fresh cornbread to patrons who have been coming since she opened, local university students, and alumni bringing their families back to visit. At the restaurant, two pieces of cornbread come with each meal, but the ponies are so prized that the kitchen is often asked to make large special orders for luncheons and dinners.

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