

STEAMED CORNBREAD WITH RED BEANS

History: About 50 years ago, during the Korean War, Korea received aid from America. Among other supplies, they sent over some corn meal. My mother didn't know what to do with it at first and then she made up this recipe. She died and I was not able to get this recipe from her. I remembered the taste and tried to recreate the cornbread. It turned out just like when my mother made it, when I was a child.

- 1 cup flour
- 2 cups corn meal
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 14 cups water (divided)
- 1/8 cup sugar
- 1/2 cup dried red beans (Oriental)

Wash and cook red beans in 6 cups water, for approximately 1/2 hour. Check. There should not be any water left in the pan. Cook well, and set aside.

Mix remaining ingredients in a bowl. Set aside for 1/2 hour.

Put 8 cups water in a large steamer. Spread a damp cheesecloth over it, leaving the corners hanging out. Pour in batter and sprinkle beans over the batter. Push beans in lightly with a spoon. Cover steamer with lid, and steam for 45 minutes. Turn heat off and let sit for 5 minutes. Lift up a corner of the cheesecloth. If cornbread comes off then it is done. Take out and serve.