

# Good old-fashioned barbecue

Though many destinations claim the title as their own, Memphis, Tennessee, is often considered the king of American barbecue. The rival contenders? The Carolinas, Texas, and Kansas City, all of which boast seriously mouthwatering barbecue joints. Known for pulled pork sandwiches and your choice of either “wet” or “dry” ribs, Memphis-style barbecue is all about big heat and big flavor—we’re talking recipes with 10, 20, even 30 different types of seasonings mixed with the condiment’s usual vinegar, tomato paste, and molasses. And while the pork may be the main event, these side dishes don’t play second fiddle.

## Cast-iron cornbread

**TOTAL TIME:**

*45 minutes*

**RECIPE ORIGIN:**

Tennessee, U.S.

**INGREDIENTS:**

1 tbsp shortening  
1 cup white cornmeal  
4 Tbsp flour  
1/2 tsp baking soda  
1 tsp salt  
1 egg  
1 cup buttermilk

**DIRECTIONS:**

Preheat oven to 425°F. Place a 6-in cast-iron pan on your stovetop and melt the shortening (this is the pan you’ll bake the cornbread in).

Sift cornmeal, flour, baking soda, and salt into a mixing bowl. In a separate mixing bowl, crack the egg, beat it, and add in the buttermilk. Pour the buttermilk mixture into the dry ingredients and stir until well-mixed but not overly smooth. Add the melted shortening and stir thoroughly. Pour batter into the greased pan and bake for 30 to 35 minutes until golden brown.

