

untagged, needs pic, incomplete



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## Kentucky Cornbread

Date added: 2026/04/26

### Ingredients

- ½ batch [microwave\\_cornbread](#)
- 2 eggs

### For gravy

- Prepared TVP
  - 2 TBS TVP
  - ½ tsp unsalted chicken base
  - 1 tsp dark mushroom soy
  - ¼ cup water
- *Optional* 1 piece of bacon, chopped
- 2 TBS flour
- 1 TBS oil or bacon fat
- ½ tsp chili flake

- 1 tsp poultry herbs
- 1 cup whole milk



### Method

1. Prepare TVP
  1. Stir TVP ingredients together in microwave safe vessel
  2. Microwave 2 minutes, or until water level falls below TVP
2. If using bacon
  1. Add bacon to a cold pan and heat over medium heat until fat has rendered and bacon is crispy
  2. Add prepared TVP to pan cook until no liquid remains
3. If omitting bacon
  1. Bring TVP to medium heat in small frying pan, cook until no liquid remains
  2. Add oil or bacon fat to pan
4. Add flour, chili flake, and poultry seasoning to pan. Stir and cook until flour is slightly toasted.
5. Slowly add milk to pan while stirring
6. Simmer until gravy is thickened
7. Cook egg to preference, We like over-medium
8. Hold at low heat until serving (an additional splash of milk can be added if gravy is too thick)

9. Spoon gravy over warm cornbread, top with egg, serve

## Notes

For next time, try scaling back soy to 1/2 tsp, and red pepper flake to 1/4 tsp. 

Maybe try fermented blackbean in the TVP? Try it with a sausage patty like they do in the restaurant?

Inspired by: [Cafe Bluebird](#) in Fort Collins, Colorado

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