

## **District 11 (Allie, Katherine, Nicole, Patricia)**

This delicious calorie filled corn muffin comes to you courtesy of District 11. District 11 is one of the poorest districts in the nation of Panem, and specializes in agriculture. Our bread is muffin shaped so it can be held with one hand while still working. It is a basic corn bread muffin, but is filled with apples, maple syrup, and bacon. The people of District 11 must work 'round the clock and are whipped if caught eating any food on its way to the Capitol. This is why they grow corn to feed to the livestock, and what is not fed to the animals they grind up for corn flour. District 11 also has many orchards, this is where the apples come in, the workers will drop apples onto the ground on purpose and then take these "bad apples" for themselves. The sweetness of maple syrup comes from the maple trees freely growing in the area and are then stored away. District 11 may be one of the poorest but they tend to their bread as if it were a precious gold, the high calories are what help to sustain District 11's people through long hours of work. We highly recommend this bread for hard working and callused handed people.

### **A Lumberjack's Hearty Corn Bread Muffin**

(That's a mouthful...just like the muffin.)

#### Ingredients:

1 pound bacon  
1 cup all purpose flour  
1 cup yellow cornmeal  
1 Tbsp baking powder  
½ tsp salt  
2 eggs, beaten  
½ cup half and half  
½ cup applesauce  
¼ cup maple syrup  
2 Tbsp bacon grease

#### Directions:

1. Preheat oven to 400° F
2. Fry bacon until crispy & cut into chunks
3. Sift together flour, cornmeal, baking powder, and salt
4. In another bowl combine eggs, half and half, applesauce, maple syrup, and bacon grease. Also, add in ¾ of the cut up bacon
5. Add liquid ingredients to the dry and mix until the flour is moistened – do not mix for more than 10 seconds! The batter should be visibly lumpy this is a good thing!  
**Do not over mix the batter.**
6. Pan the mixture and begin baking immediately
7. Bake 15-20 minutes and/or until fully cooked. Check with a toothpick, and after inserting it should come out clean.
8. After taken out of the oven, add leftover bacon chunks and some syrup to the top.
9. Eat and Enjoy!

