

Spoonbread

Cook Time: 40 minutes

Total Time: 40 minutes

Ingredients:

- 1 cup white cornmeal
- 2 cups water
- 1 teaspoon salt
- 1 cup cold milk
- 2 large eggs, well beaten
- 2 tablespoons melted butter

Preparation:

In a large saucepan, combine cornmeal with 2 cups of water; add 1 teaspoon of salt. Bring mixture to a boil then lower the heat; cook, stirring constantly, for 5 minutes. The mixture will be very stiff. Remove from heat and slowly stir in 1 cup of cold milk. Stir in the beaten eggs and melted butter. Preheat oven to 400° and heat a greased 1 1/2 to 2-quart baking dish or 8-inch square baking dish. Pour the well blended batter into the hot baking dish; bake for about 40 minutes, or until firm in the middle and nicely browned. Serve hot, straight from the baking dish. This quantity provides 4 to 6 small servings; for more, double the recipe.

Southern corn bread

Ingredients:

- 1 1/2 cups scalded milk
- 1 1/2 cups white corn meal
- 1 tsp. salt
- 2 Tbsp. shortening
- 2 1/2 tsp. baking powder
- 1 egg beaten
- diced cooked bacon, optional

Preparation:

Mix milk with corn meal and stir in salt and shortening. Cool. Add baking powder and egg yolk and mix well. Fold in stiffly beaten egg white. Pour into greased pan and bake at 400° 20 minutes. Makes one 8 X 8 pan. If desired, sprinkle with diced cooked bacon before baking.