



Spoon Bread

Ingredients:

3 cups milk

1 1/4 cups yellow cornmeal

1 tsp salt

3 eggs, beaten

1 3/4 tsp baking powder

2 Tbsp butter, melted

Preheat oven to 375 and grease 1.5 qt casserole. Bring milk to a boil in a saucepan, then whisk in the cornmeal and cook until all milk is absorbed. Remove from heat. In a separate bowl, beat eggs with baking powder, salt and melted butter. You can either cool the cornmeal mixture for about an 30-60 min or temper the eggs before adding them. Mix together well and pour into the casserole to cook until the edges are toasted and a toothpick inserted in the middle comes out clean (at least 35 minutes) Serve hot directly from the dish by the spoonful.