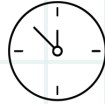




CORNBREAD



Prep time
10 min



Cooking time
25-30 min



Portions
12



Cornbread

Chef Notes

- Polenta adds texture and a corn flavour.
- Creamed corn keeps it moist and slightly sweet.
- Don't overmix – mix just until combined.

Make Your Own Buttermilk



- Add 1 tbsp lemon juice or white vinegar to ½ cup milk. Stir and leave for 5-10 minutes until slightly thickened and curdled. Use as buttermilk in your recipe.

Skill Badges



Ingredients

1 cup flour
1 cup polenta
1 tsp baking powder
½ tsp bicarbonate of soda
½ tsp salt
½ cup buttermilk
2 eggs
¼ cup butter melted
1 tbs sugar or honey
1 tin creamed sweetcorn

Equipment

mixing bowl
measuring spoons
measuring cups
whisk
baking tray 30 x 17x 4cm or muffin tins

Method

Step 1

Preheat the oven to 190°C and grease a baking dish

Step 2

Mix the flour, polenta, baking powder, salt and sugar.

Step 3

In a separate bowl, whisk together the milk, eggs and melted butter.

Step 4

Add the wet ingredients to the dry ingredients and mix gently.

Step 5

Fold in the creamed sweetcorn until just combined.

Step 6

Pour into the dish and bake for 25-30 minutes, until golden and cooked through.