



CORNBREAD

Season: All year, if using frozen or canned corn
From the garden: Corn
Type: Bread
Difficulty: Easy
Country of origin: USA
Serves: 10 Serves or 30 tastes
Source: Cooking season by season

Equipment

- *chopping board and knife
- *mixing bowls
- *mixing spoon
- *measuring cup and spoons
- *frying pan or cake tin
- *pastry brush
- *whisk

Ingredients

- *1 ½ cups polenta
- *1 ½ cups bread flour
- *¼ cup sugar
- *1 tbsp baking powder
- *2 corn cobs or a can of corn kernels
- *1 tsp salt
- *3 eggs
- *6 tbsp butter or margarine
- *1 ½ cups milk

Method

1. preheat oven to 220 degrees
2. grease the frying pan (not one with a plastic handle) or cake tin with butter and place in the oven

3. measure all the dry ingredients into one bowl
4. break the eggs into a bowl and whisk
5. put the butter in a glass bowl and melt it in the microwave
6. mix all the wet ingredients (save a little bit of melted butter)
7. cut the corn kernels of the cob and add them to the flour mixture
8. mix wet and dry and stir just until smooth (don't overmix)
9. carefully take the hot pan out of the oven (adult supervision required) and pour the batter into the pan
10. brush the remaining butter over the top (or drizzle it) and put the pan back into the oven
11. bake for around 20-25 min. until golden brown
12. let the bread cool for a bit before turning it out and cutting it into squares

Notes: Cornbread used to be the most commonly eaten bread in the southern states. Cornbread goes well with stews or soups.

Skills: measuring, *mixing*, *cutting*, *baking*