

Basic Spoonbread

Serves 8

This is a good base recipe for spoonbread, and is delicious served right out of the oven with honey butter, or plain as a side dish for chicken or pork. If you want to add other ingredients to it, you can fold them in just before adding the egg whites.

- 3 cups whole milk
- 1½ cups cornmeal
- 6 tablespoons butter, softened
- 6 eggs, separated
- 1½ teaspoons baking powder
- 1 teaspoon kosher salt

Instructions: Preheat oven to 375°. Generously butter a large oval souffle dish or 13-by-9-inch baking dish.

In a medium saucepan over medium heat, scald milk until it is just about to boil. Whisk in the cornmeal in a steady stream, and continue to whisk constantly until mixture is smooth and thickened, about 2 minutes.

Remove from heat and transfer into a large bowl. Mix in butter while the corn-

meal mixture is still hot. Set aside and cool to room temperature.

Beat egg yolks lightly and whisk them into the cornmeal mixture along with the baking powder and salt.

In a clean bowl of a stand mixer, whip egg whites until stiff peaks form.

Fold in a quarter of the egg whites to lighten batter, then fold in the remainder. Spoon into the prepared dish and bake until golden and puffy, about 40 minutes.

Serve with softened butter mixed with honey.

Per serving: 285 calories, 10 g protein, 25 g carbohydrate, 16 g fat (9 g saturated), 195 mg cholesterol, 404 mg sodium, 2 g fiber.

