

Maple-Glazed Bacon Spoonbread

Serves 8

Serve this dish drizzled with maple syrup. I like to use Grade B syrup, which is darker and has a stronger maple flavor.

1/2 pound thick sliced bacon
1 1/2 tablespoons + **1/2** cup maple syrup +
more for serving
2 1/2 cups whole milk
1 1/2 cups yellow cornmeal
6 tablespoons butter
5 eggs, separated
2 teaspoons baking powder
1 teaspoon kosher salt

Instructions: Preheat oven to 400°. Line a cookie sheet with foil and spray with nonstick cooking spray. Lay bacon slices on sheet, and cook for 15 minutes, until the fat starts to render. Remove from oven, drizzle strips with 1 1/2 tablespoons of the maple syrup, and return to oven, cooking until bacon is slightly crisp and browned, about 15-20 minutes more. Remove from oven, let cool slightly, and cut into 1/8-inch slices. Set aside.

Turn the oven down to 375° and generously butter a large souffle dish or 13-by-9-inch baking dish.

Heat 1/2 cup syrup with the milk in a heavy-bottom saucepan over medium

heat, stirring the liquids so they are fully combined. Heat the mixture 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 cornmeal mixture is still hot. Set aside and cool to room temperature.

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

Fold in sliced bacon, distributing evenly.

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 hot with maple syrup.

Per serving: 350 calories, 10 g protein, 38 g carbohydrate, 18 g fat (9 g saturated), 172 mg cholesterol, 511 mg sodium, 2 g fiber.