

Kate Barmby's

Comforting Cornbread



Ingredients:

- 60g unsalted butter, melted and cooled slightly
- 3 medium eggs, beaten
- 400ml milk
- Squeeze of lemon juice
- 170g instant polenta
- 80g strong white flour
- 25g caster sugar
- 1 tablespoon baking powder
- ½ teaspoon fine salt
- 150g tinned sweetcorn
- 4 spring onions, sliced
- 1 large red chilli, deseeded and finely sliced (optional)

Tip

- Be careful not to over mix the batter
- Try frying any leftover cornbread in a hot pan with a little oil and serve with a fried egg
- Store in an air tight container for 2 -3 days

Method

1. Pre-heat the oven to 220°C (200°C fan, gas mark 7) and line a 2lb loaf tin with baking paper.
2. Add a good squeeze of lemon juice to the milk.
3. Pour the melted butter into a large bowl and whisk in the eggs and the soured milk.
4. In a separate bowl thoroughly combine the polenta, flour, sugar, baking powder and salt and then pour in the mixed wet ingredients.
5. Stir everything together until it is just combined and no dry bits remain.
6. Stir in the sweetcorn, spring onions and chilli.
7. Pour the batter into the lined loaf tin and leave it to stand for 10 – 15 minutes.
8. Bake the cornbread for 10 minutes in the pre-heated oven then turn down the temperature to 200°C (180°C, gas mark 6) and bake for approximately 25 minutes more until a skewer comes out clean when inserted into the loaf.
9. Remove from the oven and cool for 5 minutes before turning out onto a cooling rack and leaving to cool completely.



Love Kate x