Cheddar Corn Spoonbread

One soft 8-inch/20 cm spoonbread, six side portions · Active 35 min · Total 1 hr 55 min

Skills: Cooking milk cornmeal fully, cooling before adding eggs and leaving baking-dish headroom

Ingredients

- 2 cups milk (480 ml)
- 1/2 cup water (120 ml), plus up to 1/4 cup/60 ml more if needed before cornmeal is tender
- 2/3 cup plain fine yellow cornmeal (100 g)
- 2 tablespoons butter (30 g), plus 1 teaspoon/5 g for dish
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 3/4 cup grated cheddar (80 g)
- 4 large eggs, beaten

Set out

Heavy saucepan, whisk and long spoon, Broad mixing bowl, 8-inch/20 cm square baking dish, at least 2 qt/2 L, Food thermometer, Small bowl and fork

Allergens

milk, egg. Check labels and substitutions.

Make it

1. Heat milk and the initial 120 ml water in the saucepan until gently simmering. Whisk cornmeal in slowly. Lower heat and cook for 20–25 minutes or its full packet time, stirring often, until fully tender and thick. Add extra water gradually only if drying before tender.

2. Remove from heat and stir in the separate 30 g butter, salt and pepper. Transfer to the broad bowl and cool for 15–20 minutes, stirring occasionally, until warm and no hotter than 130°F/54°C.

3. Heat oven to 375°F/190°C. Grease the dish with its 5 g butter. Stir cheddar and beaten eggs thoroughly into the warm cornmeal. Pour into the dish, leaving ample headroom.

4. Bake for 30–40 minutes until gently puffed, set around the edges and at least 165°F/74°C in the center. Rest for 5 minutes, then spoon into six soft side portions.

Softness is the point

Spoonbread is a tender side dish. A broad spoon is more appropriate than expecting rigid bread slices.

Ingredient labels

Milk, butter and cheddar supply milk, and eggs supply egg. Check actual cornmeal and cheese labels for additional ingredients.

A useful detail

The 115-minute total includes full cornmeal cooking, cooling before egg, up to 40 minutes baking and a short rest. It is not a quick raw-cornmeal casserole.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator. The spoonbread settles and becomes denser after storage.