Roasted Pepper and Feta Cornmeal Wedges

8 wedges; 4 snack servings of 2 wedges · Active 20 min · Total 1 hr 10 min

Skills: Confident beginner

Ingredients

- 1 cup fine yellow cornmeal (150 g)
- 3/4 cup all-purpose flour (100 g)
- 2 teaspoons baking powder (8 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2 large eggs
- 1 cup whole milk (240 ml)
- 3 tablespoons olive oil (45 ml), divided
- 3/4 cup jarred roasted red pepper, drained, patted dry and diced (120 g)
- 2/3 cup crumbled feta (100 g)
- 1/3 cup thinly sliced green onion (40 g)

Set out

8-inch (20 cm) square metal baking pan, at least 2 inches (5 cm) deep, Baking paper, Two mixing bowls, Wire rack, Instant-read food thermometer

Allergens

Wheat, Egg, Milk. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C. Use 1 teaspoon of the oil to grease the pan, then line with baking paper, leaving overhang on two sides.

2. Whisk the cornmeal, flour, baking powder, salt and pepper together in one bowl. In the other bowl, whisk the eggs, milk and remaining oil.

3. Fold the wet ingredients into the dry ingredients just until no dry flour remains. Fold in the drained pepper, feta and green onion.

4. Spread in the prepared pan. Bake for 28–35 minutes, until golden on top, a skewer comes out without wet batter and the center is set and at least 160°F/71°C.

5. Leave in the pan for 15 minutes. Lift onto a rack using the paper. Cut into 4 squares and halve each diagonally to make 8 wedges. Serve warm, or cool in a single layer and refrigerate promptly for packing.

Wrap portions after chilling

Separate two-wedge portions with paper once cold. You can lift one portion out of the refrigerator without handling or warming the rest of the batch.

A useful detail

Use fine cornmeal rather than very coarse polenta, which can remain gritty with this amount of liquid and this baking time.

Keep it well

Refrigerate within 2 hours of baking, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Freeze separated wedges for up to 2 months; thaw in the refrigerator. Eat chilled or reheat to 165°F/74°C. Pack chilled with two cold sources in an insulated bag and refrigerate at work.