Black Bean and Cornmeal Bake

1 savory cornmeal bake cut into 4 large squares · Active 20 min · Total 1 hr 5 min

Skills: Easy

Ingredients

- 1 cup medium yellow cornmeal (160 g)
- 1 1/2 cups 2% milk (360 ml)
- 1 tablespoon neutral oil (15 ml), divided: 1 teaspoon for dish and 2 teaspoons for onion
- 1 small onion, finely diced (100 g)
- 1 can diced tomatoes (14 oz/400 g), drained to give about 240 g solids
- 2 cans black beans (15 oz/425 g each), drained and rinsed to give 480 g total
- 2 large eggs (100 g without shells)
- 1 teaspoon baking powder (4 g)
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

9-inch/23 cm square baking dish, Sieve, Skillet, Mixing bowl, Food thermometer

Allergens

Milk, Egg. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C and grease the baking dish with 1 teaspoon oil. Mix cornmeal and milk in a bowl and rest for 10 minutes.

2. Heat remaining 2 teaspoons oil in the skillet over medium heat. Cook onion for 6 minutes. Add drained tomato solids and cook for 4–5 minutes until excess liquid has evaporated. Remove from heat and cool for 5 minutes.

3. Whisk eggs, baking powder, cumin, salt and pepper into the cornmeal mixture. Fold in beans and cooled onion-tomato mixture gently. Pour into the dish and spread evenly.

4. Bake for 30–35 minutes until the center is set and reaches 165°F/74°C. Rest for 10 minutes, cut into four equal squares and lift with a broad spatula.

Save the drained tomato juice usefully

Label and refrigerate the reserved juice promptly, then add it to a soup or sauce within two days, or freeze it for up to two months. Draining for this recipe is a texture decision, not a reason to throw away a usable part of the can.

A useful detail

Use plain canned black beans, not a prepared sweet or spicy bean sauce. The drained bean and tomato weights keep the batter balanced.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C throughout. Freeze individual squares for up to 2 months and thaw in the refrigerator before reheating.