

**GF Friendly**

## Cornbread

### A simple budget-saver bread

Easy to prepare (even kids can do it), this savoury or sweet Texas favourite is a light textured bread that serves as a side accompaniment with soup that's different to ordinary bread. It is also good for an anytime snack spread with butter or jam, and is worth a thought for the lunch box. These are the same ingredients as toppings for Cornpone Pie Recipe R10 and Cajun Beef Cornpone pie Recipe R141.

- 1 cup Polenta (maize meal)
- 1 cup plain flour
- 4 tsps baking powder
- 1tsp salt (optional)
- 1 egg, beaten
- 1 cup milk
- ¼ cup olive oil, or other cooking oil



**For sweet cornbread** – 2 Tbsps sugar

Combine the dry ingredients in a bowl; then stir in the oil, milk and beaten egg until smooth.

Line a loaf tin or a reasonably deep oven dish with baking paper. Pour in the mixture, ensuring you paddle it into the corners.

Cook in a pre-heated oven on 160°C fan forced (175°C conventional) for 25 minutes, or until golden brown. Check that it is cooked by pressing a finger on the top. If this makes an indentation that doesn't bounce back it needs a bit longer.

Okay to freeze

**Tip:** should you want to try toasted cornbread, do it under the grill or in a flat-bed toaster. It's a bit too crumbly for a pop-up toaster.

A Season of Happiness - helping you towards a better lifestyle



For a look at some informative articles on a variety of subjects just return to the web page