



GF Friendly

Cornpone Pie

Here's a simple dish to use for the main course with extra vegetables and gravy, or served in smaller portions as an entrée. The ingredients in the filling can be changed to suit taste and dietary preferences, making it ideal for meat-eaters and vegetarians alike. You can even turn it into a dessert (see the suggestion below the main recipe)

- 200g cooked minced beef **OR** diced cooked chicken
- 2 cups cooked vegetables of your choice
- 1 chopped onion
- 1 small can drained and rinsed kidney beans
- 1 can diced tomatoes
- 1 tsp Cajun spice (optional)
- salt and pepper to taste



Fry the mince and drain fat. If using chicken, remove all skin and as much fat as possible. Chicken pieces such as thighs and legs can be boiled and drained to remove excess fat. Mix all filling ingredients well and heat until just boiling. Pour into baking dish, top with cornbread mixture (see next recipe) and bake on 180°C (160°C fan forced) for about 30 mins or until just browning.

Serves 4-6

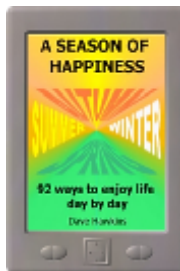
Freezes well

Corn Bread Mixture

- | | |
|----------------------------|---------------------|
| 1 cup maize meal (Polenta) | 1 egg |
| 1 cup plain flour | 1/4 cup cooking oil |
| 4 tsps baking powder | 1 cup milk |
| 1 tsp salt (optional) | |

Sift dry ingredients together, add beaten egg, milk, oil and mix well.
Add 2 Tbsps sugar to ingredients for a sweet topping over stewed or canned fruit.
OR for a cornbread cake, pour mixture into a greased loaf pan and bake on 175°C (155°C Fan forced) until golden brown. Allow to cool slightly before turning out.

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