

Cornmeal Soufflé (Spoon Bread)

Makes 6 hearty or 8 regular servings

½ cup cornmeal
2 cups sweet (fresh) milk
3 tablespoons butter or margarine
1 teaspoon salt
2 eggs, slightly beaten

In a medium saucepan, combine cornmeal, milk, butter and salt. Cook until thick, 13 minutes over medium heat, stirring constantly. Remove from heat and cool slightly, about 5 minutes.

Preheat oven to 350 degrees.

Whisk beaten eggs into cornmeal mixture. Turn into a buttered 1 ½-quart casserole and bake in preheated oven 40 to 50 minutes, until toothpick inserted into center comes out clean. (This will resemble a fluffy egg bake.) Serve immediately.

Note: Spoon bread is traditionally eaten with a spoon. Serve with butter or a drizzle of honey, if desired.