

## Spoon Bread

Posted on Mar 01, 2007 ~ Revisited January 2022



- 3 cups milk
- 3 Tbsp butter
- 3 large eggs
- ½ tsp oil
- 1 cup cornmeal (works with popcorn also) preferably coarsely ground
- 1 TBSP baking powder

Heat oven to 450° and grease a shallow 1½-2 quart dish. Heat 2 cups milk and the butter in a medium saucepan over medium heat until boiling. Meanwhile whisk eggs, remaining 1 cup of milk and the salt. Gradually add cornmeal to saucepan, whisking constantly to prevent lumps. Stir with a whisk until mixture returns to a boil and thickens slightly. Whisk cornmeal mixture into egg mixture and stir in baking powder. Pour into greased baking dish and bake 25 minutes or until slightly puffed. A light crust forms on top and the inside has a custard-like consistency.