



1927 Spoon Bread

Ingredients:

iron skillet 10.25"
3 egg yolks
3 egg whites
2 cups whole milk, scalded
1/2 cup cornmeal (plain, not self-rising)
1 tsp salt
1/2 tsp baking powder
2 Tbsp melted fat (salted butter)
2 Tbsp shortening for skillet

Instructions:

Place a cast iron skillet in the oven and preheat to 375°F. While it heats, separate the eggs, beat the yolks with a fork, and set them aside. In a double boiler or non-stick pan, heat the milk until it is hot but not boiling. Beat egg whites until stiff peaks form. Slowly stir cornmeal into hot milk, cook until mushy. Remove from heat, add salt, baking powder, and butter. Mix in yolks. Fold in the egg whites. Remove the skillet from the oven and melt two Tbsp of shortening around the edges. Then, pour the batter into the skillet. Bake for 30 minutes and serve warm directly from the skillet.