

1927 Spoon Bread

1 PINT SCALDED MILK (2 CUPS WHOLE MILK)
1/2 CUP CORNMEAL (PLAIN NOT SELF-RISING)
1/2 TSP. BAKING POWDER
1 TSP. SALT
3 EGG YOLKS
3 EGG WHITES
2 TBSP. MELTED FAT (BUTTER)
IRON SKILLET 10"
SHORTENING FOR SKILLET

Preheat the oven to 375 deg. F. Let your skillet preheat while oven is getting hot.

Separate your eggs. Beat yolks with a fork and set aside. In a double boiler or non-stick pot/skillet bring milk to a scald (good and hot but not a boil)

While milk is heating on a low temperature beat your egg whites just until peaks form. Do not overbeat.

Add cornmeal to the milk slowly while stirring constantly. Cook cornmeal until it is like mush. Take off the heat and add salt, baking powder and butter. Mix well then add yolks and stir until blended well.

Take skillet out of oven and melt 2 tbsp. shortening in and around the edges. Fold egg whites into meal batter and pour into hot skillet. Put in oven and bake for 30 minutes. Take out of oven and serve with a spoon from the skillet.