



Custard-Topped Spoon Bread

serves 8

1 cup all-purpose flour

3/4 cup cornmeal

1 teaspoon baking powder

1/2 teaspoon baking soda

2 rounded tablespoons sugar

1/2 teaspoon salt

2 large eggs, lightly beaten

2 cups milk

1 1/2 tablespoons plain white vinegar

2 tablespoons unsalted butter, melted

1 can corn, well-drained

1 cup shredded cheddar cheese

1 cup heavy cream

Preheat oven to 350° F. Generously butter an 8 x 8 inch baking dish.

In a large mixing bowl, whisk together the flour, cornmeal, baking powder, baking soda, sugar and salt. Add the eggs, milk and vinegar and stir until well-moistened, but still a bit lumpy. Stir in the melted butter, then fold in the corn and cheese.

Scrape the batter into the prepared baking dish, then pour the heavy cream slowly and carefully over the batter without stirring.

Bake for 50 to 60 minutes, until a knife inserted in the center comes out clean. Allow to rest for 5 minutes before serving.