



Kentucky Spoon Bread Recipe

Spoon bread was a favorite recipe of the pioneers, especially in autumn season. It was usually served warm as a side dish with chicken or roast beef. Once you've made this recipe, you'll know why they liked it so much – and why they called it spoon bread!

Ingredients:

5 TBLSP. butter	½ cup milk
½ cup yellow cornmeal	½ tsp. Salt
3 eggs	

Equipment:

Paper towel	2-quart baking dish or casserole
Large saucepan	mixing spoon
Large mixing bowl	spatula
Small mixing bowl	eggbeater or wire whip
Large serving spoon	

Directions:

1. Preheat oven to 375 degrees.
2. Use paper towel and 1 TBLSP. butter to lightly butter baking dish.
3. Heat milk in saucepan without letting it boil.
4. Slowly sprinkle cornmeal into the hot milk over medium heat, stirring constantly. Continue to cook and stir, without boiling, until the mixture is smooth and thick, like cooked cereal.
5. Add salt, then the rest of the butter, stirring until butter is dissolved.
6. Remove saucepan from heat and transfer the mixture to a large mixing bowl. Use spatula to scrape all the mixture from the saucepan.
7. Crack the eggs and separate the whites from the yolks. Drip the whites into a small mixing bowl, and add the yolks directly to the batter in the large bowl.
8. Beat egg whites in the small bowl until they are stiff, but not dry.
9. Mix the whites into the cornmeal batter a little at a time. Use the spatula to fold the whites rather than stir.
10. Pour the batter into the slightly buttered baking dish. Smooth the top with the spoon or spatula.
11. Bake for 35 to 40 minutes, until the top is golden brown.
12. Serve warm, using a large serving spoon.