Virginia Spoon Bread

1 ½ C Milk

½ C corn meal

2 T flour

3 T butter

3 eggs, separated

2 tea sugar

1 tea salt

Heat oven to 350 degrees. Butter 9x9 or 1 ½ quart round casserole dish. Dust with additional corn meal. (the higher the sides, the more it can rise!)

Mix corn meal with flour. Heat milk in saucepan and whisk in corn meal mixture. Cook over low heat, stirring constantly until thickened. Remove from heat and stir in butter. Set aside to cool.

When mixture is cool, add beaten egg yolks, sugar and salt. Beat egg whites until stiff and fold into mixture. Pour into prepared dish, place in a pan of hot water and bake for 45-50 minutes (or longer) until brown and firm. Serve at once.

Note: This recipe is from the Nashville Cookbook. At the bottom of the recipe, it said “Spoonbread in the South often accompanies vegetables as a replacement for bread, potato, or other “starchy” food. It is rather like a corn meal souffle.”

First tried 8/2007 and made MANY times since then!!!!

1/2022