



Kiwi Organics Chef's Choice

Polenta Cookbook

cornbread

Cornbread is traditionally Mexican bread. Use it as a meal on its own or as an accompaniment.

- 125g butter
- 175g fine Kiwi Organics corn flour
- 1 tsp salt
- 1 tsp baking powder
- ½ tsp baking soda
- 200ml milk
- Squeeze of lemon juice
- 2 eggs, beaten or egg replacer

Preheat the oven to 200°C

In a small saucepan melt the butter/margarine.

Sift the corn flour, salt, baking powder and baking soda into a bowl.

Mix together thoroughly.

Add the milk, lemon, melted butter, eggs into the dry ingredients and mix till well combined.

Grease a 20cm cake tin, pour in the mixture and bake for 30 minutes until it is firm to touch.

Serve hot or cold.

Will keep for 3 – 4 days.

Other suggestions:

- Use a runny natural yoghurt instead of the milk/milk substitute and lemon juice.
- Add herbs, olives, cheese.

