

CLEO COYLE'S CHEDDAR-CORN SPOON BREAD

A No-fail American Soufflé

Text & photos (c) by Alice Alfonsi, who writes the [Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini

This delicious “no-fail” soufflé is easy to cook yet makes an impressive comfort food side dish for fall and winter dinners, especially roast chicken or turkey. We featured this recipe in our bestselling Coffeehouse Mystery [Dead to the Last Drop](#), which we set in our nation's capital. The book featured recipes celebrating dishes with American roots, and spoon bread is certainly one of them. Its origins can be traced back to a Native American cornmeal porridge called suppawn. English colonists added eggs and milk to enrich the dish—we added cheddar to jazz it up (an apt reference if you've read our book).

This recipe is perfect for a 1-1/2 quart casserole dish. In a pinch, you can use an 8-inch square pan. Whatever you use, be sure it is well greased with butter or cooking spray to prevent sticking. For a larger batch, double the amount of ingredients and use a 2-1/2 quart casserole dish or a 9 x 9 x 2-inch pan. Cooking time may be a bit longer for a larger casserole, check for doneness as indicated in the recipe, and...eat with joy! ~ Cleo

Ingredients:

- 2 cups sweet corn kernels (*we use frozen, no need to thaw*)
- 4 tablespoons melted butter
- 1 tablespoon white, granulated sugar
- 1 teaspoon regular table salt or finely ground sea salt
- 1/8 teaspoon ground white pepper (*white looks better, but you may sub black*)
- 1 pinch of cayenne pepper
- 1-½ cups milk whole or low fat (*1% or 2%, not skim*)
- ½ cup water
- ¾ cup cornmeal (*yellow or white*)
- 2 eggs
- 2 cups shredded mild cheddar cheese, yellow or white (**See my end note on reheating*)
- 2 teaspoons baking powder

*Optional flavor additions: ¼ cup crumbled bacon; ¼ cup chopped roasted red and/or green peppers; ¼ cup finely chopped, lightly grilled sweet onions***



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Directions: First preheat your oven to 350° F. Into a medium size saucepan, place the corn kernels (still frozen is fine) and butter, warm over medium heat, stirring while butter melts. Add the sugar, salt, white pepper, cayenne pepper and stir to blend the flavors. Add the milk, water, and cornmeal. Cook and stir this mixture over medium heat for 2 to 3 minutes, until mixture thickens and resembles porridge.



IMPORTANT: Remove from heat and allow the mixture to cool off for at least ten minutes before whisking in the eggs, cheese, and baking powder. Transfer immediately to a well-greased 1-1/2 quart casserole dish. Bake in the preheated oven for 40 to 50 minutes (depending on oven). When spoon bread is set on top (no longer liquid and jiggling) and slightly browned, it's finished cooking. As the name implies, spoon the bread pudding onto plates right from the baking dish.

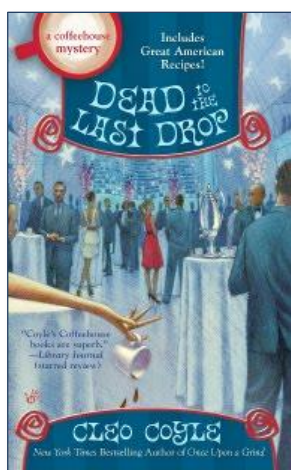
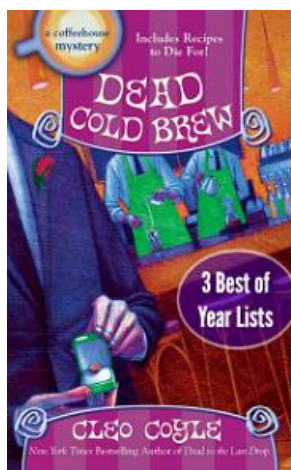


*Note: When we reheat this casserole, we often sprinkle extra cheddar cheese on top. It's delicious!

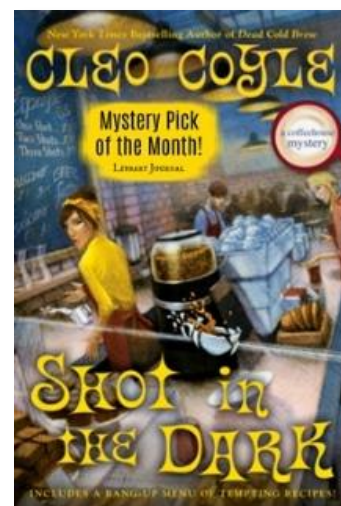


**If you'd like to add more vegetable flavors, such as chopped sweet onions and/or peppers, begin by sautéing them in the pan. Use the same pan to build the recipe, adding the corn, butter, milk, etc.

Eat with joy! —Cleo



The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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