

Here's what's cookin' Southern Spoon Bread Serves

Recipe from the kitchen of Gran Chambers

2 1/2 cup milk

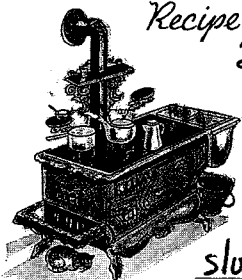
1 cup stone ground corn meal

4 eggs

2 Tbsp butter

1/2 tsp baking soda

1/2 tsp salt



scald milk & stir in corn meal

slowly. Continue stirring until very

thick. Remove from heat & stir in butter.

Separate eggs - whip yolks till light & stir in

baking soda - add to meal mixture. Whip

~~top~~ whites till peaks form - fold into meal

mixture. Bake in greased 1 1/2 quart

baking dish or in dutch oven @ 375°

for 45 minutes or until puffed & brown.

serve immediately w/ lots of butter.