



1 ¼ cup corn meal

3 cups milk

1 Tbsp sugar

1 tsp salt

2 Tbsp butter

3 eggs, beaten

1 ¾ tsp baking powder

Pre-heat oven to 350° Stir corn meal into milk and let this come to a boil. It will become thick quickly making a mash. Once thick add salt, butter and stir then add the eggs and baking powder. Pour into a buttered round casserole or soufflé dish. Bake for 30-45 minutes.