

AUGUST'S SEASONAL RECIPE #1

Cornbread

Makes 12 Servings

Ingredients

- 135g plain flour
- 125g cornmeal or polenta
- 2 teaspoon baking powder
- ½-1 teaspoon sea salt
- ½ teaspoon bicarbonate of soda
- Cracked black pepper
- 150g fresh sweetcorn kernels
- 100g strong cheddar cheese
- 2 spring onions, finely chopped
- 1-2 Jalapeno peppers, chopped (or a pinch of chilli flakes)
- 2 eggs, lightly beaten
- 1 tablespoon runny honey
- 140 ml buttermilk
- 140 ml full fat milk
- 30g unsalted butter, melted, plus a little more for greasing



AUGUST'S SEASONAL RECIPE #1

How to Do It

1. *Preheat the oven to 220C/425F/ gas mark 7.*
2. *Grease a 23cm x 23cm x 4cm baking tin with butter and dust with flour, shaking out any excess.*
3. *In a bowl, whisk together the flour, polenta, baking powder, salt, bicarbonate of soda and pepper.*
4. *Stir in the sweetcorn, cheddar, onions and jalapeño.*
5. *Pour the eggs into a jug with the honey, buttermilk, milk and melted butter, and stir.*
6. *Pour into the dry ingredients, stirring, until everything is just combined. Don't over-mix - a few lumps in the batter is fine.*
7. *Get this into the oven as quickly as possible once the bicarbonate of soda and buttermilk start reacting.*
8. *Pour the batter into the prepared pan, and bake until the top is golden and the edges have slightly pulled away from the sides, about 20-25 minutes.*
9. *Transfer to a wire rack to cool for a few minutes before cutting into squares. Serve warm.*

Chef's Tip

Great with tomato soup or fill with hot roast chicken and pickles.