

Fresh Corn Spoon Bread

2 C whole milk
1/3 C yellow cornmeal
1 1/2 C fresh corn kernels (from 2 to 3 ears)
1 T unsalted butter
1 t salt
4 large eggs, separated

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 425°F.

Bring milk, cornmeal, corn kernels, butter, and salt to a boil in a 3 quart heavy saucepan over moderately high heat, stirring frequently, and simmer, stirring constantly, until thickened, 3 to 4 minutes. Remove from heat and cool 5 minutes, stirring occasionally, then whisk in yolks.

Beat whites and a pinch of salt with an electric mixer at medium speed just until soft peaks form. Whisk one fourth of whites into cornmeal mixture in pan to lighten, then fold in remaining whites gently but thoroughly. Spread mixture evenly in a buttered 9 1/2 inch deep-dish glass pie plate or 1 1/2 quart shallow casserole and bake in middle of oven until puffed and golden, 15 to 20 minutes. Serve immediately (like a soufflé, spoon bread collapses quickly).

Serving Suggestion

For main course suggestions this side dish goes particularly well with:

[Grouper with Tomato and Basil](#)

[Balsamic-Glazed Salmon Fillets](#)