

Betty's Version of Boone Tavern Spoonbread Recipe



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In this video, Betty demonstrates how to make the spoonbread that Boone Tavern Restaurant (in Berea, KY) is famous for. The recipe comes from the cookbook *Look No Further*, written by Richard T. Hougren, manager of the Boone Tavern Restaurant from 1935-1975.

Ingredients:

3 cups milk
1 ¼ cups cornmeal
3 eggs
2 tablespoons butter
1 ¾ teaspoons baking powder
1 teaspoon salt

Stir meal into rapidly boiling milk. Cook until very thick, stirring constantly. Remove from fire and allow to cool. The mixture will be cold and very stiff. Add well beaten eggs, salt, baking powder and melted butter. Beat with electric beater for 15 minutes. Pour into well greased casserole. Bake for 30 minutes at 375 degrees. Serve from casserole by spoonfuls. This is the spoon bread for which Boone Tavern is so famous. Be sure to use white cornmeal for the true southern bread.v