

Betty's Southern Spoon Bread Recipe



Uploaded on 20 Apr 2009

In this video, Betty reveals her highly-researched Southern Spoon Bread recipe. Betty lives in spoon bread country (10 miles from Boone Tavern, home of probably the most famous spoon bread in the world). Betty has refined her recipe over a period of approximately 35 years. It is perfection!

Ingredients:

2 cups fresh milk
3/4 cup yellow cornmeal
1/4 cup self-rising white cornmeal mix
1 teaspoon salt
1/2 teaspoon baking powder
2 well-beaten eggs
1/2 stick butter or margarine, melted
cooking oil spray

In a small bowl, thoroughly mix 3/4 cup yellow cornmeal, 1/4 cup white cornmeal mix, 1 teaspoon salt, and 1/2 teaspoon baking powder. Bring milk to a boil. Reduce heat to low, and quickly add the cornmeal mixture. Stir the cornmeal mixture rapidly into the milk, so that no clumps form. Cook for about 3 minutes, or until it forms a medium-thick mush. Remove the cornmeal mush from the stove, and transfer it to a large mixing bowl. Add 1/2 stick butter or margarine, melted. Stir. Add 2 well-beaten eggs, and stir thoroughly. Now, use an electric mixer to beat the spoonbread mixture for about 5 minutes, until it is quite smooth and has a lot of air incorporated into it. Spray a 1-quart sized casserole dish with oil spray. Pour the spoonbread mixture into the casserole dish and bake in a hot oven (400 degrees) for 20 minutes, or until it puffs up and is delicately brown. Serve immediately with butter. Yum! This dish is steeped in Southern tradition. I wanted all of the Kentucky Derby party givers to have this recipe, in case they want to use it at a Derby party!!!