

Cornbread

Workstation: 3

Equipment

Measuring cups
Measuring spoons
Large bowl
Spatula
Baking tray
Toothpick
Baking paper

Ingredients

1 ¼ cups of cornmeal or polenta
1 cup of plain flour
1 cup of soy milk
½ cup of white sugar
5 teaspoons of nuttalex
1 tablespoon of baking powder
2 grinds of salt
¾ cups of corn kernels
Canola spray

Method

1. **Preheat** the oven to 200°C
2. Lightly **grease** and **cover** baking dish
3. **Add** all of the ingredients except the corn kernels
4. **Stir** until just combined, do not over mix
5. **Add** the corn kernels and **stir** 1 or 2 more times to mix corn through
6. **Pour** into baking dish **scrape** bowl with spatula to get all of the mixture
7. **Spread** with the spatula to cover the baking dish
8. Bake for 20-25 mins until toothpick inserted comes out clean
9. Let cool and then **cut** into pieces