



Cook the Book: Craig Claiborne's Sunflower, Mississippi, Spoonbread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter
- ☐ 4 eggs separated
- ☐ 1.5 cups cornmeal yellow stone-ground sifted
- ☐ 3 cups milk
- ☐ 1 teaspoon salt

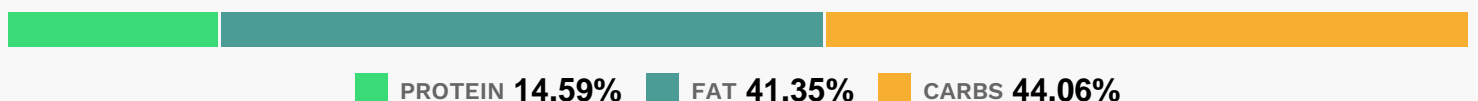
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ stove

Directions

- ☐ Preheat oven to 350°F, and spray a deep 1 1/2- to 2-quart baking dish with oil.
- ☐ Bring the milk to a boil in a medium saucepan, preferably nonstick. Gradually pour in the cornmeal with one hand, whisking with the other, creating a very thick mixture. Reduce heat; add the butter and salt. Continue cooking over low heat, stirring almost constantly, for 10 minutes.
- ☐ Remove the cooked mush from the stove; transfer it to a medium-size heat-proof bowl.
- ☐ Let the mush cool to lukewarm, about 20 minutes.
- ☐ Meanwhile, place the egg yolks in a small bowl and the whites in a large, high-sided, nonplastic bowl. When the mush is lukewarm, beat yolks vigorously with a fork, then whip baking powder into them and quickly mix yolks into the mush, making sure yolk mixture is thoroughly incorporated.
- ☐ Beat egg whites until stiff and glossy. Gently fold them into mush; transfer batter to prepared baking dish.
- ☐ Bake until a knife inserted into center comes out barely clean, about 40 minutes. The spoonbread will have risen slightly, and its top will be irregular, with small deeply golden-brown patches.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:29.69, Inflammation Score:-6, Nutrition Score:18.1860871315%

Nutrients (% of daily need)

Calories: 478.02kcal (23.9%), Fat: 22.06g (33.94%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 47.28g (17.19%), Sugar: 9.9g (11%), Cholesterol: 208.21mg (69.4%), Sodium: 995.29mg (43.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.51g (35.02%), Phosphorus: 452.45mg (45.24%), Calcium: 373.71mg (37.37%), Vitamin B2: 0.51mg (30.16%), Selenium: 20.67µg (29.53%), Vitamin B6: 0.54mg (26.93%), Vitamin B12: 1.4µg (23.29%), Magnesium: 91.8mg (22.95%), Fiber: 5.61g (22.44%), Zinc: 3.18mg (21.18%), Manganese: 0.4mg (20.18%), Vitamin B1: 0.3mg (19.97%), Vitamin D: 2.89µg (19.29%), Vitamin B5: 1.72mg (17.23%), Vitamin A: 796.46IU (15.93%), Iron: 2.78mg (15.45%), Potassium: 530.25mg (15.15%), Folate: 41.27µg (10.32%), Copper: 0.18mg (8.92%), Vitamin B3: 1.7mg (8.51%), Vitamin E: 1.02mg (6.78%), Vitamin K: 1.54µg (1.46%)