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Mielie Brood (Corn Bread)

250 ml polenta (yellow corn meal)
10 ml baking powder
2 ml salt
410 g cream-style sweetcorn
1 chilli, chopped (optional)
125 ml buttermilk
65 ml oil
2 large eggs, lightly beaten
250 ml grated mature Cheddar cheese
40 ml sesame seeds

Preheat oven to 180 °C. Mix together polenta, baking powder and salt in a mixing bowl. Add sweet corn, chilli, buttermilk, oil, eggs and half the cheese. Mix well. Pour into a greased 20 cm square baking tin. Sprinkle with remaining cheese and sesame seeds. Bake in the oven for 30-40 minutes until set and golden. (If bread begins to brown too soon, cover with aluminium foil.) Cut the corn bread into squares and serve warm or at room temperature. Serves 6.