CORN BREAD

1. Set the oven to 210 ° degrees Celcius, make sure that the oven shelves are arranged so that they will hold 2 muffin trays.

2. From the pantry get 3 muffin trays.

3. You will need to get the following ingredients organized:

  3½ cups Cornmeal / Polenta
  2 Cups (generous) Self Raising Flour
  4 teaspoons White Sugar
  A good pinch of Salt
  ½ cup Melted Butter
  4 Eggs
  600ml Milk

4. Separate the Eggs. In a big bowl whisk the Egg Whites until they are firm. Set to one side.

5. In another bowl mix together the Polenta, the Flour, Sugar, Salt and Melted Butter.

6. In a third bowl mix the Milk and the Yolks with a whisk until the Egg is broken up and mixed in well.

7. Pour the Yolk mix into the Polenta mixture and stir well.

8. Fold the Egg Whites through the Polenta mixture very gently. The mixture will be very sloppy but don't worry as the cornmeal absorbs the liquid as it cooks.

9. Brush the Muffin Trays with melted butter and then spoon the mixture into the pans until the cups are quite full (almost near the top). You will probably have enough for just over 2 trays so use the oven in the handwash kitchen.

10. Bake 25 - 30 minutes until golden brown. Serve hot or warmed through on the end of the Zuchinni Scallopini platters (take your cornbread to the other bench where the Zuchinni is being cooked to achieve this).