



CORNBREAD

After-School Club / Grab & Go: This recipe provides a portion of starchy food.

Recipe adapted from: Focus on Food's Cook School recipes

Ingredients

100g plain white flour
1tbsp baking powder
100g polenta (corn meal)
75g Parmesan cheese – grated
300ml semi-skimmed milk
2 eggs, beaten
50g soft vegetable margarine, melte

Method

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Grease a 900g loaf tin and line it with greaseproof paper.
3. Mix the flour, baking powder, polenta and cheese in a mixing bowl. Make a 'well' in the centre.
4. Pour all the milk, eggs and melted margarine into the dry ingredients and mix well.
5. Pour the mixture into the prepared loaf tin. It should be quite 'liquid'.
6. Bake until risen and lightly browned.

Serving suggestion: with seasonal soup such as tomato and lentil.



Number of portions this recipe makes:

12 primary servings (60g)
8 secondary servings (90g)



Prep: 15 minutes
Cook: 50 minutes



Allergy information:

Egg, milk, wheat (gluten)



Top Tips

Prepare individual muffins. They cook in 12 minutes and are a great grab & go option.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats, hard yellow cheese which has a maximum total fat content of 25g/100g and reduced fat milk (i.e. has a fat content of no more than 1.8g/100g).